



Turkey Medley

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup butter
- ☐ 4.5 ounce mushrooms drained canned
- ☐ 15 ounce peas drained canned
- ☐ 3 celery chopped
- ☐ 0.5 cup flour all-purpose
- ☐ 1 bell pepper green chopped
- ☐ 2 cups milk
- ☐ 0.5 small onion
- ☐ 4 cups turkey cooked chopped

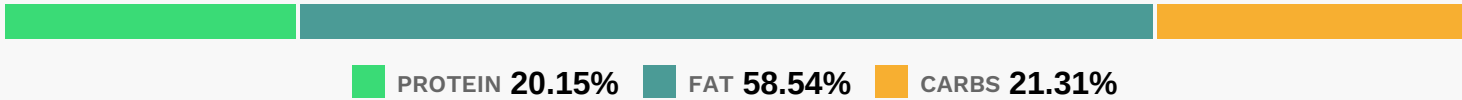
Equipment

☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat, melt butter. Slowly cook and stir onion and celery until soft.
- ☐ Mix flour into saucepan and stir until vegetables are evenly coated. Stir in milk and allow the mixture to thicken.
- ☐ Mix in the turkey, mushrooms, pimentos, bell pepper and peas. Stir and cook until thick; thin with milk if desired

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:7.47, Inflammation Score:-9, Nutrition Score:18.320869549461%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 416.52kcal (20.83%), Fat: 27.37g (42.11%), Saturated Fat: 15.55g (97.2%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 18.53g (6.74%), Sugar: 7.75g (8.61%), Cholesterol: 111.7mg (37.23%), Sodium: 505.82mg (21.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.4%), Vitamin A: 2046.13IU (40.92%), Vitamin B3: 6.98mg (34.89%), Selenium: 21.35µg (30.49%), Phosphorus: 289.86mg (28.99%), Vitamin B6: 0.58mg (28.86%), Vitamin C: 22.53mg (27.3%), Vitamin K: 24.06µg (22.92%), Vitamin B12: 1.29µg (21.51%), Vitamin B2: 0.33mg (19.7%), Vitamin B1: 0.25mg (16.75%), Zinc: 2.33mg (15.56%), Fiber: 3.89g (15.55%), Manganese: 0.3mg (15.12%), Calcium: 142.78mg (14.28%), Potassium: 485.42mg (13.87%), Folate: 54.31µg (13.58%), Magnesium: 50.54mg (12.64%), Iron: 2.26mg (12.56%), Vitamin B5: 1.23mg (12.27%), Copper: 0.21mg (10.47%), Vitamin D: 1.14µg (7.57%), Vitamin E: 0.84mg (5.58%)