

**8%**
HEALTH SCORE

Turkey Mushroom Supreme

READY IN

**20 min.**

SERVINGS

**6**

CALORIES

**441 kcal**

SIDE DISH

Ingredients

- 0.3 cup butter cubed
- 1 cup chicken broth
- 0.1 teaspoon curry powder
- 0.1 teaspoon tarragon dried
- 0.3 cup flour all-purpose
- 1 cup mushrooms fresh sliced
- 1 cup mushrooms fresh sliced
- 1 cup bell pepper diced green
- 0.1 teaspoon ground coriander

- 0.5 cup milk
- 0.5 cup peas frozen thawed
- 0.3 teaspoon pepper
- 4 ounces pimientos diced drained
- 6 puff pastry shells frozen
- 0.5 teaspoon salt
- 2 cups turkey diced cooked

Equipment

- sauce pan

Directions

- In a large saucepan, saute pepper and mushrooms in butter until pepper is crisp-tender.
- Meanwhile, combine the flour and seasonings; stir into vegetables. Stir in broth and milk until blended. Bring to a boil. Cook and stir for 1-2 minutes or until thickened.
- Add turkey and peas; heat through. Gently stir in pimientos. Spoon into shells and serve immediately.

Nutrition Facts



PROTEIN 12.96% **FAT 57.57%** **CARBS 29.47%**

Properties

Glycemic Index:81.56, Glycemic Load:16.8, Inflammation Score:-7, Nutrition Score:16.519130434783%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 441.01kcal (22.05%), Fat: 28.54g (43.9%), Saturated Fat: 10.32g (64.53%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 30.05g (10.93%), Sugar: 4.08g (4.54%), Cholesterol: 47.41mg (15.8%), Sodium: 568.16mg (24.7%), Protein: 14.46g (28.91%), Vitamin C: 45.16mg (54.74%), Selenium: 24.68µg (35.26%), Vitamin B3:

6.68mg (33.42%), Vitamin B2: 0.45mg (26.43%), Vitamin B1: 0.35mg (23.61%), Manganese: 0.43mg (21.44%), Vitamin A: 977.84IU (19.56%), Vitamin B6: 0.38mg (19.24%), Folate: 69.26µg (17.32%), Phosphorus: 170.79mg (17.08%), Iron: 2.69mg (14.96%), Vitamin K: 15.25µg (14.52%), Copper: 0.25mg (12.41%), Fiber: 2.81g (11.25%), Potassium: 364.89mg (10.43%), Zinc: 1.41mg (9.37%), Vitamin B12: 0.55µg (9.18%), Vitamin B5: 0.91mg (9.08%), Magnesium: 31.56mg (7.89%), Vitamin E: 0.81mg (5.42%), Calcium: 47.48mg (4.75%), Vitamin D: 0.39µg (2.58%)