



## Turkey Noodle Casserole

READY IN



30 min.

SERVINGS



4

CALORIES



1076 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 servings bell pepper black
- 1 cup bread crumbs plain
- 2 tablespoons butter softened
- 1 cup chicken stock see
- 0.5 cup cooking wine dry white
- 2 cups gruyere cheese grated
- 0.5 cup heavy cream
- 0.3 teaspoon nutmeg freshly grated
- 1 tablespoon olive oil extra-virgin

- 1 medium onion chopped
- 2 tablespoons parsley leaves chopped
- 2 teaspoons poultry seasoning dried
- 4 servings salt
- 3 slices at least of turkey bacon chopped
- 1 pound mushrooms white trimmed sliced
- 0.5 pound extra wide egg noodles
- 1.3 pound the average weight of 1 package

## Equipment

- frying pan
- paper towels
- oven
- pot
- casserole dish
- wooden spoon
- broiler

## Directions

- Watch how to make this recipe.
- Bring a large pot of water to a boil for your egg noodles. When it boils, salt the water and cook noodles to al dente.
- Preheat a large, deep skillet over medium high heat.
- Add extra-virgin olive oil, 1 turn of the pan, and bacon or turkey bacon. Render the bacon fat 2 to 3 minutes, until bacon begins to brown at edges.
- Add meat and brown it, crumbling it with a wooden spoon. Move the meat over to 1 side of the pan and add mushrooms and onions to the opposite side. Cook mushrooms and onions 3 to 5 minutes, then combine the meat with veggies and season the mixture liberally with salt and pepper, then sprinkle in the ground thyme or poultry seasoning. Cook another 5 minutes then add wine. Deglaze the pan, lifting up pan drippings and bits. Stir in stock and bring to a

bubble, then stir in cream and reduce the heat to low.

- Add nutmeg to sauce and stir. Taste to adjust seasonings.
- Preheat broiler to high.
- Combine noodles with turkey and sauce. Grease a casserole dish with a little softened butter nested in a piece of paper towel then transfer the turkey noodle mixture to the dish. Top the casserole with Gruyere then bread crumbs.
- Place the casserole 8 to 10 inches from the broiler and brown 2 to 3 minutes until cheese is melted and the crumbs are brown.
- Remove from oven and garnish the casserole with parsley.

## Nutrition Facts



**PROTEIN 28.8%** **FAT 44.34%** **CARBS 26.86%**

## Properties

Glycemic Index:75.5, Glycemic Load:18.52, Inflammation Score:-9, Nutrition Score:45.615217457647%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

## Nutrients (% of daily need)

Calories: 1075.53kcal (53.78%), Fat: 52.33g (80.51%), Saturated Fat: 26.33g (164.55%), Carbohydrates: 71.33g (23.78%), Net Carbohydrates: 66.41g (24.15%), Sugar: 8.58g (9.54%), Cholesterol: 264.14mg (88.05%), Sodium: 1340.22mg (58.27%), Alcohol: 3.09g (100%), Alcohol %: 0.67% (100%), Protein: 76.46g (152.93%), Selenium: 110.25µg (157.51%), Vitamin B3: 23.29mg (116.44%), Phosphorus: 1121.34mg (112.13%), Vitamin B6: 1.77mg (88.33%), Calcium: 790.43mg (79.04%), Vitamin B2: 1.11mg (65.24%), Zinc: 7.92mg (52.83%), Manganese: 0.97mg (48.3%), Vitamin K: 49.51µg (47.15%), Vitamin B1: 0.64mg (42.35%), Vitamin B5: 4.21mg (42.05%), Copper: 0.78mg (39.21%), Vitamin B12: 2.23µg (37.14%), Potassium: 1266.99mg (36.2%), Magnesium: 139.37mg (34.84%), Vitamin A: 1508.71IU (30.17%), Iron: 5.25mg (29.19%), Folate: 98.71µg (24.68%), Fiber: 4.92g (19.67%), Vitamin D: 1.92µg (12.77%), Vitamin E: 1.63mg (10.9%), Vitamin C: 7.5mg (9.09%)