



Turkey Noodle Casserole

 Popular

READY IN



100 min.

SERVINGS



6

CALORIES



656 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 oz extra wide egg noodles
- 0.3 cup butter unsalted
- 2 cups thinly onions sliced thinly sliced
- 2 cups celery diced
- 0.3 cup flour all-purpose
- 0.3 cup vermouth dry white dry
- 1.5 cups milk
- 0.3 cup cup heavy whipping cream sour

- 2 cups turkey stock
- 2 teaspoons tarragon dry
- 2 tablespoons grain mustard whole
- 3 cups turkey cooked coarsely chopped
- 6 ounces gruyère cheese grated
- 6 servings salt
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons juice of lemon
- 0.5 cup panko bread crumbs
- 1 tablespoon butter melted

Equipment

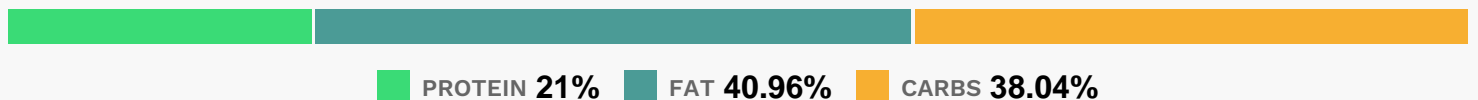
- sauce pan
- oven
- pot
- colander

Directions

- Preheat oven, boil water for pasta: Preheat oven to 375°F. Start heating 4 quarts of water for the pasta.
- Add 2 tablespoons of salt to the water (1 Tbsp for every 2 quarts of water).
- Cook shallots, add flour: Melt butter in a large, thick-bottomed pot (5-quart) on medium heat.
- Add the shallots and celery and cook until softened, about 5 minutes.
- Stir in the flour and cook over low heat, stirring for about 3 minutes.
- Cook noodles firmer than al dente:
- Put the noodles into the boiling water you've heated. Follow the package directions and cook the noodles for 2 minutes less than the range given on the package.
- The pasta should be a bit firmer than al dente. So, for example, if the package instructions say bring to a boil and cook for 6 to 10 minutes, add the pasta to the hot water, return the water to a boil and cook it for 4 minutes. While the pasta is cooking continue on with the recipe.

- Start the sauce: Into the saucepan with the butter, shallots, celery, and flour, add the dry vermouth and let bubble for a minute. Then stir in the milk, cream, and stock.
- Add the tarragon.
- Bring to a simmer and cook over medium-low heat, stirring frequently, for about 5 to 8 minutes.
- Drain and rinse the pasta: By the time the sauce is done the pasta will be ready.
- Drain it and rinse it with cold water to stop the cooking.
- Add cheese, mustard, turkey to the sauce:
- Add the grated cheese and mustard to the pot. Stir until the cheese is melted.
- Add the chopped cooked turkey to the pot.
- Add salt to taste (depending on if you are using salted stock or not, or salted butter or not, that could be no added salt to as much as a teaspoon).
- Add freshly ground black pepper.
- Add the pasta, lemon juice, transfer to casserole: Now it's time to add the cooked pasta to the pot. If the noodles have stuck together, rinse them in the colander with a little water to separate the noodles from each other.
- Add the noodles to the pot with the turkey.
- Stir in the lemon juice. Adjust seasonings to your taste.
- Transfer the mixture to a buttered 3-quart casserole.
- with panko and drizzle 1 Tbsp melted butter over the top.
- Bake the casserole at 375°F in the middle rack of the oven for 30 to 40 minutes, or until it is bubbling and the top is golden.
- Garnish with chopped parsley, if using.

Nutrition Facts



Properties

Glycemic Index:69.17, Glycemic Load:22.45, Inflammation Score:-8, Nutrition Score:25.45173933195%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 655.62kcal (32.78%), Fat: 29.46g (45.32%), Saturated Fat: 15.3g (95.63%), Carbohydrates: 61.55g (20.52%), Net Carbohydrates: 57.54g (20.93%), Sugar: 9.07g (10.08%), Cholesterol: 155.29mg (51.76%), Sodium: 740.68mg (32.2%), Alcohol: 1.37g (100%), Alcohol %: 0.42% (100%), Protein: 33.99g (67.97%), Selenium: 67.93µg (97.04%), Phosphorus: 540.1mg (54.01%), Calcium: 450.31mg (45.03%), Manganese: 0.8mg (39.81%), Vitamin B3: 7.25mg (36.27%), Vitamin B6: 0.66mg (32.95%), Vitamin B2: 0.49mg (28.71%), Vitamin B12: 1.61µg (26.86%), Zinc: 3.8mg (25.36%), Vitamin B1: 0.34mg (22.37%), Magnesium: 86.15mg (21.54%), Potassium: 687.03mg (19.63%), Vitamin A: 972.29IU (19.45%), Folate: 68.1µg (17.03%), Copper: 0.33mg (16.35%), Fiber: 4g (16.01%), Vitamin B5: 1.58mg (15.81%), Iron: 2.74mg (15.24%), Vitamin K: 13.18µg (12.56%), Vitamin C: 7.52mg (9.12%), Vitamin D: 1.3µg (8.68%), Vitamin E: 0.83mg (5.56%)