



Turkey-Pasta Pie

READY IN



60 min.

SERVINGS



6

CALORIES



327 kcal

Ingredients

- 0.5 pound pd of ground turkey
- 0.3 cup onion finely chopped
- 8 ounces canned tomatoes undrained canned
- 8 ounces tomato sauce canned
- 0.5 teaspoon seasoning italian
- 6 ounces fettuccine barilla uncooked
- 1 eggs
- 1 tablespoon butter melted
- 4 ounces mozzarella cheese shredded
- 1 cup curd cottage cheese

- 1 eggs
- 1 cup broccoli frozen thawed chopped ()
- 0.3 cup parmesan cheese grated

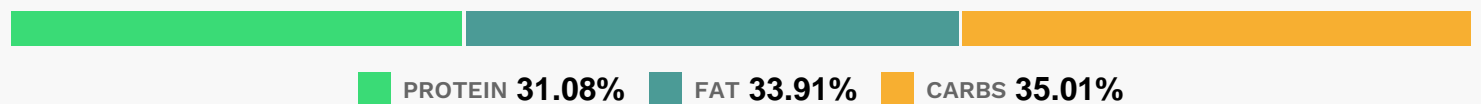
Equipment

- bowl
- frying pan
- oven

Directions

- Cook turkey and onion in 10-inch skillet over medium heat, stirring occasionally, until turkey is no longer pink; drain. Stir in tomatoes, tomato sauce and Italian seasoning.
- Heat to boiling; reduce heat. Cover and simmer 10 minutes, stirring occasionally.
- Meanwhile, cook and drain fettuccine as directed on package. Beat 1 egg and the butter in medium bowl. Stir in fettuccine and mozzarella cheese. Spoon mixture into ungreased pie plate, 10x1 1/2 inches; press evenly on bottom and up side.
- Mix cottage cheese and 1 egg; spread over fettuccine mixture on bottom of pie plate.
- Sprinkle with broccoli. Spoon turkey mixture evenly over top.
- Sprinkle with Parmesan cheese.
- Heat oven to 350°F.
- Bake uncovered about 30 minutes or until hot in center.
- Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:10.66, Inflammation Score:-6, Nutrition Score:18.340869405995%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 326.75kcal (16.34%), Fat: 12.45g (19.16%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 26.13g (9.5%), Sugar: 5.27g (5.85%), Cholesterol: 123.67mg (41.22%), Sodium: 603.94mg (26.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.35%), Selenium: 44.12µg (63.03%), Phosphorus: 366.84mg (36.68%), Vitamin B6: 0.57mg (28.3%), Vitamin B3: 5.28mg (26.4%), Vitamin C: 19.71mg (23.89%), Calcium: 210.53mg (21.05%), Manganese: 0.42mg (20.8%), Vitamin B2: 0.32mg (18.95%), Vitamin K: 19.78µg (18.83%), Vitamin B12: 1.05µg (17.43%), Zinc: 2.53mg (16.88%), Potassium: 541.53mg (15.47%), Vitamin A: 741.78IU (14.84%), Vitamin B5: 1.37mg (13.69%), Magnesium: 54.7mg (13.67%), Copper: 0.25mg (12.7%), Iron: 2.25mg (12.5%), Fiber: 2.79g (11.14%), Folate: 43.15µg (10.79%), Vitamin E: 1.61mg (10.71%), Vitamin B1: 0.15mg (9.68%), Vitamin D: 0.66µg (4.41%)