



Turkey-Pasta Pie

READY IN



60 min.

SERVINGS



6

CALORIES



316 kcal

Ingredients

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

- 0.3 cup parmesan cheese grated
- 4 ounces mozzarella cheese shredded

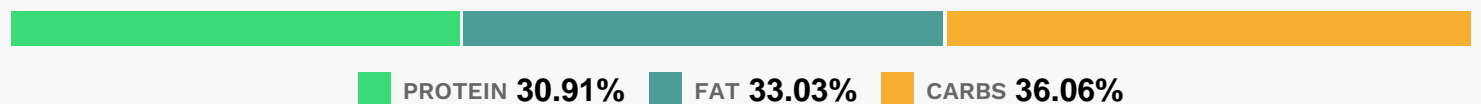
Equipment

- 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 350F.
- 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:17.665652098863%

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, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 316.26kcal (15.81%), Fat: 11.75g (18.08%), Saturated Fat: 4.92g (30.78%), Carbohydrates: 28.87g (9.62%), Net Carbohydrates: 26.08g (9.48%), Sugar: 5.24g (5.82%), Cholesterol: 96.39mg (32.13%), Sodium: 593.53mg (25.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.5%), Selenium: 41.87µg (59.82%), Phosphorus: 352.32mg (35.23%), Vitamin B6: 0.55mg (27.67%), Vitamin B3: 5.27mg (26.37%), Vitamin C: 19.71mg (23.89%), Manganese: 0.41mg (20.7%), Calcium: 206.42mg (20.64%), Vitamin K: 19.75µg (18.81%), Vitamin B2: 0.29mg (16.97%), Vitamin B12: 0.98µg (16.34%), Zinc: 2.44mg (16.25%), Potassium: 531.41mg (15.18%), Vitamin A: 702.17IU (14.04%), Magnesium: 53.82mg (13.45%), Vitamin B5: 1.26mg (12.56%), Copper: 0.25mg (12.44%), Iron: 2.12mg (11.78%), Fiber: 2.79g (11.14%), Vitamin E: 1.53mg (10.19%), Folate: 39.71µg (9.93%), Vitamin B1: 0.14mg (9.48%), Vitamin D: 0.51µg (3.43%)