



Turkey Pasta Primavera

READY IN



20 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 oz fettuccine barilla refrigerated
- 2 tablespoons salad dressing italian
- 1 lb broccoli frozen thawed drained
- 2 cups turkey cooked
- 2 cups tomatoes seeded chopped
- 1 teaspoon salt
- 0.3 cup parmesan cheese freshly grated
- 2 tablespoons parsley fresh chopped

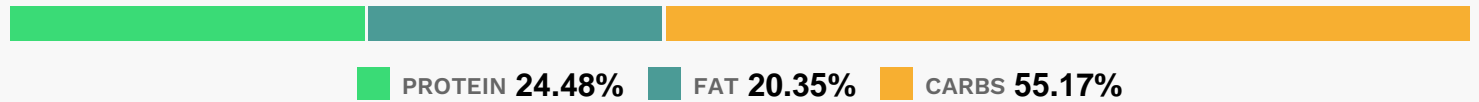
Equipment

frying pan

Directions

- Cook and drain fettuccine as directed on package.
- Meanwhile, in 10-inch skillet, heat dressing over medium-high heat.
- Add vegetable mixture; cook, stirring occasionally, until crisp-tender.
- Stir in turkey, tomatoes and salt. Cook about 3 minutes or just until turkey is hot. Spoon turkey mixture over fettuccine.
- Sprinkle with cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:21.32, Inflammation Score:-9, Nutrition Score:31.326956437982%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 8.99mg, Kaempferol: 8.99mg, Kaempferol: 8.99mg, Kaempferol: 8.99mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 410.81kcal (20.54%), Fat: 9.45g (14.53%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 57.64g (19.21%), Net Carbohydrates: 51.62g (18.77%), Sugar: 5.89g (6.55%), Cholesterol: 94.8mg (31.6%), Sodium: 871.58mg (37.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.16%), Vitamin K: 158.7µg (151.14%), Vitamin C: 114.05mg (138.24%), Selenium: 66.02µg (94.31%), Manganese: 0.89mg (44.33%), Phosphorus: 379.23mg (37.92%), Vitamin B6: 0.7mg (35.24%), Vitamin A: 1619.5IU (32.39%), Vitamin B3: 6.34mg (31.7%), Folate: 108.01µg (27%), Fiber: 6.01g (24.05%), Potassium: 830.45mg (23.73%), Magnesium: 84.98mg (21.25%), Zinc: 3mg (20%), Vitamin B2: 0.32mg (18.81%), Vitamin B5: 1.73mg (17.29%), Copper: 0.33mg (16.72%), Vitamin B1: 0.25mg (16.35%), Iron: 2.84mg (15.8%), Calcium: 147.82mg (14.78%), Vitamin B12: 0.88µg (14.59%), Vitamin E: 1.77mg (11.78%), Vitamin D: 0.37µg (2.48%)