



Turkey Pasta Primavera

READY IN



30 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli florets
- 1 cup carrots julienned
- 8 ounces cream cheese cubed
- 8 ounces fettuccine barilla
- 2 tablespoons flour all-purpose
- 0.3 teaspoon garlic powder
- 0.5 cup spring onion chopped
- 0.8 teaspoon seasoning italian
- 1.8 cups milk

- 0.5 cup parmesan cheese grated
- 0.1 teaspoon pepper
- 0.5 cup bell pepper sweet red chopped
- 0.5 teaspoon salt
- 2 cups turkey julienned cooked

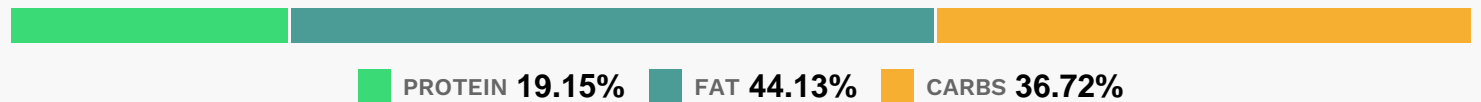
Equipment

- sauce pan

Directions

- Cook pasta according to package directions; add broccoli, carrots and red pepper during the last 5 minutes.
- Meanwhile, in a medium saucepan, stir flour and milk until smooth.
- Add the cream cheese, onions and seasonings; bring to a boil over medium-low heat. Cook and stir 1-2 minutes.
- Add turkey and Parmesan cheese; heat through.
- Drain pasta; toss with cheese sauce.

Nutrition Facts



Properties

Glycemic Index:61.47, Glycemic Load:15.68, Inflammation Score:-10, Nutrition Score:23.04869566793%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 432.03kcal (21.6%), Fat: 21.36g (32.86%), Saturated Fat: 11.22g (70.15%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 37.08g (13.48%), Sugar: 7.59g (8.43%), Cholesterol: 109.57mg (36.52%), Sodium: 552.15mg (24.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.86g (41.71%), Vitamin A: 4871.77IU (97.44%),

Selenium: 45.72µg (65.31%), Vitamin C: 32.25mg (39.1%), Vitamin K: 39.11µg (37.25%), Phosphorus: 344.33mg (34.43%), Calcium: 240.55mg (24.05%), Manganese: 0.47mg (23.37%), Vitamin B6: 0.45mg (22.73%), Vitamin B2: 0.37mg (21.79%), Vitamin B3: 4.07mg (20.35%), Vitamin B12: 1.09µg (18.23%), Zinc: 2.36mg (15.75%), Potassium: 511.73mg (14.62%), Magnesium: 55.36mg (13.84%), Vitamin B5: 1.33mg (13.27%), Vitamin B1: 0.19mg (12.52%), Folate: 47.07µg (11.77%), Fiber: 2.91g (11.65%), Iron: 1.65mg (9.19%), Copper: 0.18mg (9.06%), Vitamin E: 1.12mg (7.48%), Vitamin D: 1.04µg (6.92%)