



Turkey Stroganoff

READY IN



45 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 cup chicken broth dry white low-sodium
- 8 ounces extra wide egg noodles uncooked
- 1 tablespoon parsley fresh chopped
- 0.1 teaspoon ground nutmeg
- 1 pound pd of ground turkey
- 4 servings hungarian paprika
- 1 tablespoon juice of lemon
- 1 cup curd cottage cheese 1% low-fat

- 1.5 cups mushrooms sliced
- 0.5 cup onion chopped (1 small)
- 0.3 teaspoon salt
- 0.5 cup cup heavy whipping cream fat-free sour

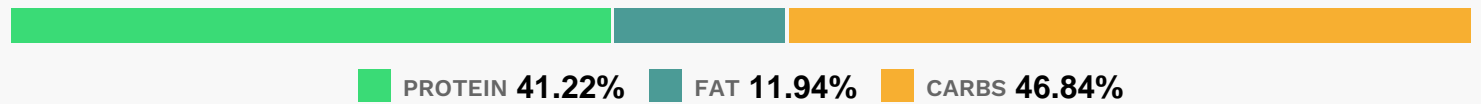
Equipment

- frying pan
- blender

Directions

- Cook noodles according to package directions, omitting salt and fat.
- Drain; toss with parsley.
- Coat a nonstick skillet with cooking spray; place over medium heat until hot.
- Add turkey and onion; cook until turkey is browned.
- Add mushrooms and next 4 ingredients. Cook over low heat 10 minutes or until liquid evaporates, stirring occasionally.
- Remove from heat.
- Combine cottage cheese, sour cream, and lemon juice in a blender; process until smooth.
- Add to turkey mixture; cook over low heat, stirring constantly, until thoroughly heated.
- Serve over noodles.
- Sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:17.69, Inflammation Score:-7, Nutrition Score:25.290000189906%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 430.24kcal (21.51%), Fat: 5.74g (8.82%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 47.65g (17.33%), Sugar: 4.53g (5.03%), Cholesterol: 114.84mg (38.28%), Sodium: 494.81mg (21.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.57g (89.14%), Selenium: 79.87µg (114.1%), Vitamin B3: 14mg (70.01%), Vitamin B6: 1.23mg (61.31%), Phosphorus: 543.99mg (54.4%), Manganese: 0.56mg (28.21%), Vitamin B2: 0.48mg (28.03%), Zinc: 3.74mg (24.95%), Vitamin B5: 2.23mg (22.35%), Potassium: 752.42mg (21.5%), Vitamin B12: 1.22µg (20.32%), Magnesium: 79.64mg (19.91%), Copper: 0.4mg (19.89%), Vitamin K: 17.73µg (16.88%), Vitamin B1: 0.23mg (15.58%), Vitamin A: 737.79IU (14.76%), Iron: 2.58mg (14.32%), Folate: 48.2µg (12.05%), Fiber: 2.99g (11.97%), Calcium: 104.49mg (10.45%), Vitamin C: 5.03mg (6.09%), Vitamin D: 0.7µg (4.64%), Vitamin E: 0.61mg (4.05%)