



Turkey Stroganoff Skillet Supper

READY IN



35 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots fresh sliced (2 medium)
- ☐ 14 oz chicken broth canned
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 cup peas sweet frozen (from 1-lb bag)
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup cream sour
- ☐ 2 cups turkey cubed cooked
- ☐ 12 oz campbell's turkey gravy
- ☐ 4 oz extra wide egg noodles uncooked

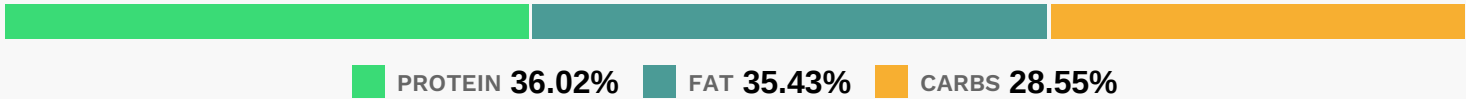
Equipment

☐ frying pan

Directions

- ☐ In 10-inch skillet, mix broth and gravy until well blended.
- ☐ Heat to boiling. Stir in noodles, carrots, peas, sour cream, nutmeg and pepper. Return to boiling. Reduce heat to low; cover and simmer 10 minutes.
- ☐ Stir in turkey. Cook about 4 minutes, stirring occasionally, until noodles and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:59.29, Glycemic Load:10.91, Inflammation Score:-10, Nutrition Score:23.906086973522%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 498.12kcal (24.91%), Fat: 19.36g (29.78%), Saturated Fat: 6.97g (43.56%), Carbohydrates: 35.11g (11.7%), Net Carbohydrates: 31.18g (11.34%), Sugar: 6.57g (7.3%), Cholesterol: 126.17mg (42.06%), Sodium: 962.22mg (41.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.28g (88.57%), Vitamin A: 6023.78IU (120.48%), Selenium: 52.93µg (75.62%), Vitamin B3: 7.87mg (39.35%), Phosphorus: 383.52mg (38.35%), Vitamin B6: 0.67mg (33.25%), Zinc: 4.53mg (30.22%), Vitamin B12: 1.74µg (29.02%), Manganese: 0.46mg (22.78%), Vitamin C: 16.65mg (20.18%), Vitamin B2: 0.33mg (19.5%), Magnesium: 66.62mg (16.65%), Iron: 2.91mg (16.18%), Potassium: 560.15mg (16%), Fiber: 3.93g (15.71%), Vitamin K: 16.17µg (15.4%), Vitamin B1: 0.2mg (13.04%), Copper: 0.26mg (12.85%), Folate: 45.11µg (11.28%), Vitamin B5: 0.88mg (8.84%), Calcium: 78.33mg (7.83%), Vitamin E: 0.84mg (5.57%), Vitamin D: 0.33µg (2.22%)