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Ground Turkey and Pasta Casserole

A delicious casserole made with ground turkey and pasta. Perfect for a hearty dinner.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Ground Turkey
300 g	Pasta
400 g	tomato sauce
200 g	mozzarella cheese
100 g	onion
10 g	garlic

20 g	olive oil
10 g	Salt
5 g	Pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

Cook the pasta according to package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 3

Sautéing

In a large skillet, heat olive oil over medium heat. Add onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Sautéing

Add ground turkey to the skillet and cook until browned. Season with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Simmering

Add tomato sauce to the skillet and simmer for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Baking

In a large baking dish, combine cooked pasta and ground turkey mixture. Top with mozzarella cheese.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Baking

Bake in the preheated oven for 15 minutes, or until cheese is melted and golden.

Prep Time: 0 mins

Cook Time: 15 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	30 mg	3%	3%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	20 mg	181.82%	250%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Meal Type

Dinner

Lunch

Snack

Course

Side Dishes

Cuisines

Italian

Middle Eastern

Indian

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Stove

Microwave

Difficulty Level

Easy

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