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Turkey Chutney Pasta · ·

Turkey Chutney Pasta is a flavorful and delicious dish that combines tender turkey with a tangy chutney sauce. It is a versatile recipe that can be enjoyed for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Turkey Breast
300 g	Pasta
4 tbsp	chutney
2 tbsp	olive oil
2 cloves	garlic
1 tsp	Salt

0.5 tsp Black pepper

Directions

Step 1

Boiling

Cook the pasta according to the package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

Heat olive oil in a pan over medium heat. Add garlic and sauté until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Sautéing

Add turkey breast to the pan and cook until browned and cooked through.

Prep Time: 3 mins

Cook Time: 7 mins

Step 4

Stirring

Add chutney, salt, and black pepper to the pan. Stir well to combine.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Stirring

Add cooked pasta to the pan and toss to coat the pasta with the chutney sauce.

Prep Time: 1 mins

Cook Time: 3 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 12 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Grill

Pressure Cooker

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

Nordic Diet

Okinawa Diet

Alkaline Diet

Macrobiotic Diet

Intermittent Fasting

16:8 Diet

OMAD (One Meal a Day) Diet

Body for Life Diet

Vegetarian Diet

Vegan Diet

Course

Salads

Snacks

Appetizers

Cultural

Chinese New Year

Passover

Easter

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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