

All Recipes

Al Recipe Builder

Similar Recipes

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



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)
----------	-------	------------------------------	--------------------------------

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

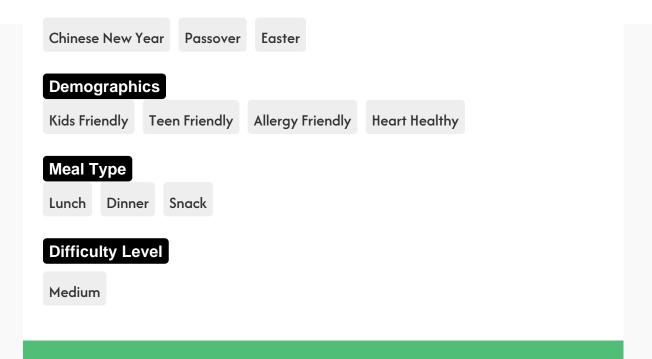
Intermittent Fasting 16:8 Diet OMAD (One Meal a Day) Diet

Body for Life Diet Vegetarian Diet Vegan Diet

Course

Salads Snacks Appetizers

Cultural



Visit our website: healthdor.com