

Turkey Almondine

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 4

*2 cups cooked turkey, coarsely diced
4 tablespoons butter or margarine
4 tablespoons flour
2 cups milk
1 1/4 teaspoons salt
2 tablespoons dry white wine
1 cup cooked peas
1/3 cup slivered almonds, toasted
2 egg yolks
2 tablespoons bread crumbs
1 tablespoon butter
2 tablespoons Parmesan cheese*

Make a cream sauce by melting the butter in a saucepan, stirring in the flour and blending in the milk. Season to taste.

Stir in the wine. Keep stirring until the sauce is smooth.

Stir in the turkey, peas and one-half of the almonds.

In a bowl, beat the egg yolks a little with a fork. Add a little of the sauce. Rapidly stir the yolks back into the turkey mixture.

Pour the turkey mixture into a small casserole. Scatter the remaining almonds on top. Then spread the crumbs, butter and Parmesan cheese.

If you make the casserole just before serving so that it is already hot, merely brown it well under the broiler.

If you make the casserole early in the day and refrigerate it, bring it to room temperature for one hour. Bake in a 375 degree oven for 10 minutes before broiling it.

Per Serving (excluding unknown items): 513 Calories; 32g Fat (56.2% calories from fat); 33g Protein; 23g Carbohydrate; 3g Dietary Fiber; 217mg Cholesterol; 1098mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Non-Fat Milk; 5 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	513
% Calories from Fat:	56.2%
% Calories from Carbohydrates:	17.9%
% Calories from Protein:	25.8%
Total Fat (g):	32g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	217mg
Carbohydrate (g):	23g
Dietary Fiber (g):	3g
Protein (g):	33g
Sodium (mg):	1098mg
Potassium (mg):	628mg
Calcium (mg):	267mg
Iron (mg):	3mg
Zinc (mg):	4mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	1113IU
Vitamin A (r.e.):	258RE

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	59mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	5
% Deficient:	n n%

Food Exchanges

Grain (Starch):	1
Lean Meat:	3 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	5
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 513 Calories from Fat: 288

% Daily Values*

Total Fat	32g	49%
Saturated Fat	15g	73%
Cholesterol	217mg	72%
Sodium	1098mg	46%
Total Carbohydrates	23g	8%
Dietary Fiber	3g	13%
Protein	33g	
Vitamin A		22%
Vitamin C		11%
Calcium		27%
Iron		18%

* Percent Daily Values are based on a 2000 calorie diet.