

# Baked Turkey and Noodles in Sour Cream Sauce

*CampbellsKitchen.com*

## Servings: 6

*Vegetable cooking spray*  
*2 1/2 cups milk*  
*3 tablespoons all-purpose flour*  
*1 tablespoon or four cubes chicken*  
*-flavor instant bouillion*  
*5 cups wide egg noodles, cooked and*  
*drained*  
*1/2 cup sour cream or plain yogurt*  
*2 cups cooked turkey, cubed*  
*1 package (10 ounces) frozen broccoli*  
*cuts, thawed*  
*1 cup (4 ounces) Cheddar cheese,*  
*shredded*

## Preparation Time: 15 minutes

### Bake: 25 minutes

Preheat the oven to 375 degrees.

Spray a two-quart baking dish with cooking spray.

In a three-quart saucepan over medium heat, heat the milk and bouillion until the mixture boils and thickens. Remove the saucepan from the heat. Stir in the noodles, sour cream, turkey and broccoli.

Spoon the turkey mixture into the baking dish. Top with the cheese. Cover the baking dish.

Bake for 25 minutes or until the turkey mixture is hot and bubbling.

Start to Finish Time: 40 minutes

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Per Serving (excluding unknown items): 232 Calories; 12g Fat (47.3% calories from fat); 22g Protein; 8g Carbohydrate; trace Dietary Fiber; 69mg Cholesterol; 200mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Non-Fat Milk; 1 1/2 Fat.

Turkey

## Per Serving Nutritional Analysis

Calories (kcal):	232	Vitamin B6 (mg):	.3mg
% Calories from Fat:	47.3%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	13.9%	Thiamin B1 (mg):	.1mg
	38.7%	Riboflavin B2 (mg):	.3mg

**% Calories from Protein:**  
**Total Fat (g):** 12g  
**Saturated Fat (g):** 7g  
**Monounsaturated Fat (g):** 3g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 69mg  
**Carbohydrate (g):** 8g  
**Dietary Fiber (g):** trace  
**Protein (g):** 22g  
**Sodium (mg):** 200mg  
**Potassium (mg):** 316mg  
**Calcium (mg):** 270mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 328IU  
**Vitamin A (r.e.):** 98 1/2RE

**Folacin (mcg):** 18mcg  
**Niacin (mg):** 3mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 232 **Calories from Fat:** 110

### % Daily Values\*

<b>Total Fat</b>	12g	18%
Saturated Fat	7g	34%
<b>Cholesterol</b>	69mg	23%
<b>Sodium</b>	200mg	8%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	trace	0%
<b>Protein</b>	22g	
<b>Vitamin A</b>		7%
<b>Vitamin C</b>		2%
<b>Calcium</b>		27%
<b>Iron</b>		7%

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