

Turkey A' La King

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

Servings: 4

*3 tablespoons reduced-calorie
margarine*

1/2 cup onion, chopped

1/2 cup green pepper, chopped

2 tablespoons all-purpose flour

1 1/2 cups skim milk

*1 teaspoon chicken-flavored bouillon
granules*

1/4 teaspoon white pepper

2 cups cooked turkey breast, chopped

*1 can (4 ounce) sliced mushrooms,
drained*

*1 jar (2 ounce) diced pimiento,
drained*

2 cups hot cooked rice

Melt the margarine in a medium-size heavy saucepan over medium heat. Add the onion and green pepper. Saute' for 5 to 6 minutes or until the green pepper is tender.

Add the flour, stirring until the vegetables are coated. Cook for 1 minute over low heat, stirring constantly.

Gradually add the milk, bouillon granules and pepper. Cook over medium heat, stirring constantly, until thickened and bubbly.

Stir in the turkey, mushrooms and pimiento. Cook until thoroughly heated.

Serve over rice.

Per Serving (excluding unknown items): 347 Calories; 6g Fat (14.7% calories from fat); 35g Protein; 37g Carbohydrate; 1g Dietary Fiber; 79mg Cholesterol; 204mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	347
% Calories from Fat:	14.7%
% Calories from Carbohydrates:	44.0%
% Calories from Protein:	41.3%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g

Vitamin B6 (mg):	1.5mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	82mcg
Niacin (mg):	10mg
Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	79mg
Carbohydrate (g):	37g
Dietary Fiber (g):	1g
Protein (g):	35g
Sodium (mg):	204mg
Potassium (mg):	597mg
Calcium (mg):	144mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	19mg
Vitamin A (i.u.):	693IU
Vitamin A (r.e.):	154 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	2
Lean Meat:	4
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	347	Calories from Fat: 51
-----------------	-----	-----------------------

% Daily Values*

Total Fat	6g	8%
Saturated Fat	1g	6%
Cholesterol	79mg	26%
Sodium	204mg	8%
Total Carbohydrates	37g	12%
Dietary Fiber	1g	6%
Protein	35g	
Vitamin A		14%
Vitamin C		32%
Calcium		14%
Iron		12%

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