

Curried Turkey

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 7

3 cups cooked turkey, diced large
6 tablespoons margarine
1 medium onion, minced
2 tablespoons green pepper, diced
4 Tablespoons flour
1 1/2 cups chicken or turkey broth
1 1/4 cups sliced mushrooms, lightly
sautéed
1 large tart apple, cored and diced
1 can (5 ounce) water chestnuts,
drained and sliced
3 tablespoons pimiento, chopped
1 tablespoon parsley, minced
salt
pepper
1 1/2 teaspoons curry powder (or to
taste)

In a large skillet, heat the margarine. Sauté the onion and green pepper until soft. Stir in the flour. Cook for a moment. Blend in the chicken broth and mushrooms. Simmer the mixture for 15 to 20 minutes.

In a large bowl, mix the turkey, apple, water chestnuts, pimiento, parsley, salt and pepper.

Stir the curry powder into the sauce (as much as you like) and check the salt and pepper seasoning.

Stir in the turkey mixture. Heat slowly. Simmer for 10 to 15 minutes over the lowest possible heat.

(Remember that curry always improves with time. Make this dish in the morning of the day before. When serving, bring to room temperature and reheat.)

Per Serving (excluding unknown items): 224 Calories; 13g Fat (52.1% calories from fat); 19g Protein; 8g Carbohydrate; 1g Dietary Fiber; 46mg Cholesterol; 158mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	224	Vitamin B6 (mg):	.3mg
% Calories from Fat:	52.1%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	14.3%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	33.6%
Total Fat (g):	13g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	46mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	19g
Sodium (mg):	158mg
Potassium (mg):	291mg
Calcium (mg):	25mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	487IU
Vitamin A (r.e.):	102RE

Riboflavin B2 (mg):	.2mg
Folacin (mcg):	13mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 7

Amount Per Serving

Calories	224	Calories from Fat: 117
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% Daily Values*

Total Fat	13g	20%
Saturated Fat	3g	14%
Cholesterol	46mg	15%
Sodium	158mg	7%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	4%
Protein	19g	
Vitamin A		10%
Vitamin C		9%
Calcium		2%
Iron		8%

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