

Recipe Analyzer Results

A single serving of this recipe has 492 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 6

Amount per serving

Calories 492

% Daily Value*

Total Fat 7.3g	9%
Saturated Fat 2g	10%
Cholesterol 54mg	18%
Sodium 215mg	9%
Total Carbohydrate 78.2g	28%
Dietary Fiber 20.1g	72%
Total Sugars 9.3g	
Protein 30.9g	
Vitamin D 1mcg	7%
Calcium 82mg	6%
Iron 6mg	34%

Ingredients:

- 5 large potatoes (about 1kg)
- 1 yellow onion, diced
- 450 g (1 pound) lean ground turkey
- 250 ml (1 cup) canned lentils, rinsed and drained
- 30 ml (2 tbsp) Worcestershire sauce
- 30 ml (2 tbsp) canned tomato paste
- 500 ml (2 cups) frozen peas and carrots, thawed
- 30 ml (2 tbsp) soft margarine
- 15 ml (1 tbsp) 1% milk

Potassium 1998mg

43%

Nutrition Facts

Servings: 6

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**