

# Italian Noodle Casserole

Yield: 6 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-noodle-casserole-recipe>

## Ingredients:

- 9 ounces ground turkey
- 1/2 cup green pepper chopped
- 1/2 cup onion chopped
- 1 1/2 cups tomato sauce
- 1/2 teaspoon garlic salt
- 1/2 teaspoon onion salt
- 1/2 teaspoon pepper
- 1 1/2 cups noodles cooked
- 2 ounces mozzarella grated
- 1 ounce Parmesan grated

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 55 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 440 milligrams
9. Sugar: 7 grams

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