

# Italian Turkey & Kale Bake

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-turkey-bake-recipe>

## Ingredients:

- 4 egg whites Egglands Bestlarge
- 3 large eggs Egglands Best, whites & yolks in a ramekin
- 2 cups turkey shredded, or 1 package lean, ground turkey browned
- 2 cups kale shredded, with ribs removed
- 15 ounces diced tomatoes juices drained
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 1/2 tablespoon italian seasoning
- 1 teaspoon almond meal
- 1/8 cup milk choice
- 1 tablespoon grated Parmesan cheese
- fresh basil leaves for garnish, optional

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 130 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 320 milligrams
9. Sugar: 3 grams

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