



Alfredo Turkey Divan

READY IN



25 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 12 ounce valley broccoli cuts fresh green frozen giant® steamers®
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 cup cheese blend shredded italian
- ☐ 0.3 cup style panko bread crumbs crispy italian progresso®
- ☐ 1.5 cups turkey cubed cooked

Equipment

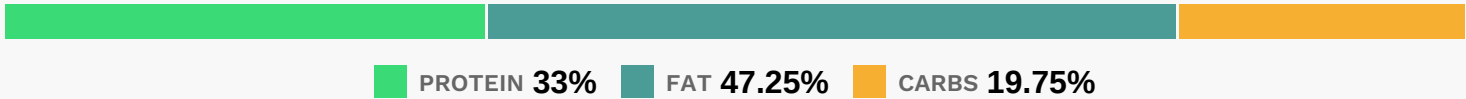
- ☐ frying pan

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 375 degrees F. Cook broccoli as directed on bag 4 minutes.
- ☐ Place broccoli and turkey in ungreased 9-inch square pan.
- ☐ In 2-quart saucepan, heat cooking sauce and garlic salt to boiling, stirring occasionally.
- ☐ Remove from heat, stir in cheese until melted and smooth.
- ☐ Pour cooking sauce mixture over turkey.
- ☐ Sprinkle with bread crumbs and almonds.
- ☐ Bake uncovered 20 to 25 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:20.662608841191%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 6.69mg, Kaempferol: 6.69mg, Kaempferol: 6.69mg, Kaempferol: 6.69mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 218.52kcal (10.93%), Fat: 11.81g (18.17%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 7.95g (2.89%), Sugar: 2.32g (2.57%), Cholesterol: 48.96mg (16.32%), Sodium: 427.37mg (18.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.12%), Vitamin C: 75.86mg (91.96%), Vitamin K: 87.72µg (83.55%), Phosphorus: 259.37mg (25.94%), Selenium: 16.32µg (23.32%), Calcium: 210.18mg (21.02%), Vitamin B6: 0.4mg (19.82%), Vitamin B3: 3.96mg (19.78%), Vitamin B2: 0.33mg (19.61%), Vitamin B12: 1.11µg (18.51%),

Manganese: 0.37mg (18.46%), Folate: 66.03µg (16.51%), Vitamin E: 2.23mg (14.84%), Vitamin A: 740.06IU (14.8%), Zinc: 2.08mg (13.88%), Fiber: 3.15g (12.62%), Magnesium: 50.46mg (12.61%), Potassium: 425.51mg (12.16%), Vitamin B1: 0.15mg (9.79%), Vitamin B5: 0.88mg (8.84%), Iron: 1.52mg (8.45%), Copper: 0.15mg (7.28%), Vitamin D: 0.22µg (1.49%)