



Cheeseburger and Fries Casserole

READY IN



55 min.

SERVINGS



4

CALORIES



774 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 oz broccoli florets frozen thawed drained
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 16 oz fries frozen french thawed
- ☐ 1 pound pd of ground turkey lean
- ☐ 1.8 cups milk 2%
- ☐ 0.5 teaspoon ground mustard
- ☐ 1 onion chopped
- ☐ 4 servings salt and pepper

- ☐ 1.5 cups sharp cheddar shredded
- ☐ 3 tablespoons butter unsalted
- ☐ 2 teaspoons worcestershire sauce

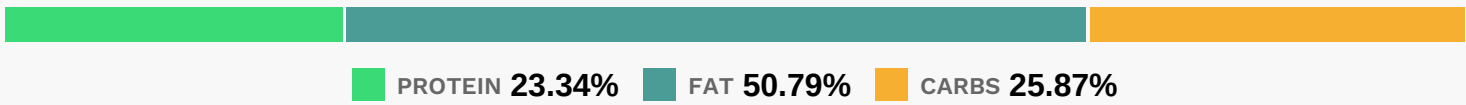
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400F. Melt 1 Tbsp. butter in a skillet over medium heat.
- ☐ Add onion; saut until softened, 5 minutes.
- ☐ Add turkey, Worcestershire and thyme, and saut until turkey is cooked through, 10 minutes.
- ☐ In a large saucepan over medium heat, melt 2 Tbsp. butter. Stir in flour.
- ☐ Add milk and cook, stirring, until sauce bubbles and thickens, 8 minutes.
- ☐ Remove from heat.
- ☐ Add mustard and 1/2 cup cheese; stir until melted.
- ☐ Add turkey mixture and broccoli. Season with salt and pepper.
- ☐ Mist a 9-by-13-inch baking dish with nonstick cooking spray, spread mixture in dish and sprinkle with remaining 1 cup cheese. Top evenly with fries.
- ☐ Bake until cheese is bubbling and fries are crisp and golden, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:56.33, Glycemic Load:22.55, Inflammation Score:-9, Nutrition Score:36.549565460371%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.74mg, Kaempferol: 5.74mg, Kaempferol: 5.74mg, Kaempferol: 5.74mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 774.31kcal (38.72%), Fat: 44.56g (68.55%), Saturated Fat: 20.64g (128.99%), Carbohydrates: 51.05g (17.02%), Net Carbohydrates: 43.46g (15.8%), Sugar: 8.07g (8.97%), Cholesterol: 135.58mg (45.19%), Sodium: 1197.75mg (52.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.07g (92.14%), Vitamin C: 73.08mg (88.58%), Vitamin K: 76.56µg (72.91%), Vitamin B3: 14.42mg (72.08%), Vitamin B6: 1.41mg (70.25%), Phosphorus: 699.24mg (69.92%), Selenium: 44.03µg (62.9%), Calcium: 486.17mg (48.62%), Vitamin B2: 0.65mg (38.21%), Potassium: 1296.86mg (37.05%), Zinc: 4.82mg (32.15%), Fiber: 7.59g (30.36%), Vitamin B12: 1.59µg (26.54%), Folate: 106.12µg (26.53%), Vitamin B5: 2.62mg (26.23%), Manganese: 0.51mg (25.48%), Vitamin A: 1269.95IU (25.4%), Magnesium: 96.36mg (24.09%), Vitamin B1: 0.3mg (20.3%), Iron: 3.55mg (19.71%), Copper: 0.18mg (9.18%), Vitamin E: 1.26mg (8.38%), Vitamin D: 0.87µg (5.77%)