



Cheesy Turkey Rice Casserole

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 4 ounce chiles green chopped canned
- ☐ 2 cups rice cooked
- ☐ 2 eggs beaten
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup vegetables mixed frozen thawed
- ☐ 1 cup monterrey jack cheese shredded

- ☐ 0.5 cup onion chopped
- ☐ 1 cup cheddar cheese shredded
- ☐ 1.5 cups turkey cooked chopped

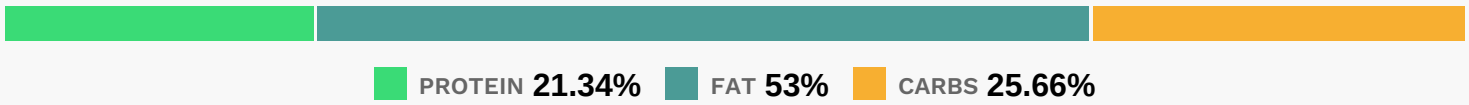
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart casserole dish.
- ☐ Combine cooked rice, turkey, evaporated milk, Monterey Jack cheese, Cheddar cheese, mixed vegetables, onion, chopped green chiles, eggs, cilantro, and butter in a large bowl, stirring until thoroughly mixed.
- ☐ Pour into prepared casserole dish.
- ☐ Bake in the preheated oven until casserole is set and top is golden brown, 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:52.83, Glycemic Load:17.67, Inflammation Score:-9, Nutrition Score:16.700434736584%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 430.46kcal (21.52%), Fat: 25.43g (39.12%), Saturated Fat: 14.43g (90.19%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 25.7g (9.35%), Sugar: 6.76g (7.52%), Cholesterol: 140.25mg (46.75%), Sodium: 483.18mg (21.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.04g (46.08%), Vitamin A: 2352.32IU (47.05%), Calcium: 463.8mg (46.38%), Phosphorus: 412.94mg (41.29%), Selenium: 23.49µg (33.55%), Vitamin B2: 0.5mg (29.51%), Zinc: 2.79mg (18.58%), Manganese: 0.36mg (17.86%), Vitamin B6: 0.35mg (17.46%), Vitamin B12:

0.9µg (14.94%), Vitamin C: 11.91mg (14.43%), Vitamin B3: 2.78mg (13.92%), Vitamin B5: 1.22mg (12.2%), Magnesium: 48.34mg (12.08%), Potassium: 413.57mg (11.82%), Folate: 44.45µg (11.11%), Iron: 1.43mg (7.97%), Fiber: 1.99g (7.96%), Vitamin B1: 0.11mg (7.35%), Copper: 0.12mg (6.13%), Vitamin E: 0.66mg (4.43%), Vitamin D: 0.65µg (4.35%), Vitamin K: 3.93µg (3.74%)