



Cheesy Wild Rice and Turkey Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup rice white cooked
- 1 cup rice wild cooked
- 2 cups turkey breast diced cooked ()
- 8 oz mozzarella cheese shredded
- 12 oz evaporated milk canned
- 0.5 cup bell pepper red finely chopped
- 0.5 cup bell pepper green finely chopped
- 2 eggs slightly beaten

- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 tablespoon parsley fresh chopped

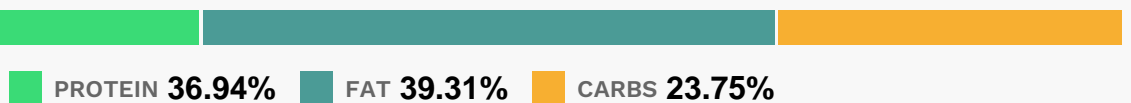
Equipment

- bowl
- oven
- knife
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 12x8- or 11x7-inch (2-quart) glass baking dish with cooking spray. In baking dish, mix white rice and wild rice; spread evenly over bottom.
- In large bowl, mix turkey, cheese, milk, bell peppers, eggs, salt and pepper. Spoon over rice.
- Bake 45 to 55 minutes or until knife inserted in center comes out clean and top is lightly browned.
- Sprinkle with parsley.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:8.4, Inflammation Score:-7, Nutrition Score:20.024782408839%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 358.57kcal (17.93%), Fat: 15.67g (24.11%), Saturated Fat: 8.31g (51.95%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 20.19g (7.34%), Sugar: 7.21g (8.02%), Cholesterol: 143.45mg (47.82%), Sodium: 676.52mg (29.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.13g (66.27%), Phosphorus: 504.03mg (50.4%), Selenium: 32.35µg (46.21%), Vitamin B3: 8.63mg (43.17%), Vitamin B6: 0.8mg (40.23%), Calcium: 365.1mg (36.51%), Vitamin C: 27.84mg (33.75%), Vitamin B2: 0.51mg (29.97%), Vitamin B12: 1.58µg (26.33%), Zinc: 3.31mg (22.04%), Vitamin A: 978.15IU (19.56%), Vitamin B5: 1.45mg (14.51%), Magnesium: 57.76mg (14.44%), Potassium: 501.21mg (14.32%), Manganese: 0.27mg (13.35%), Vitamin K: 13.99µg (13.32%), Folate: 35.47µg (8.87%), Iron: 1.32mg (7.33%), Vitamin B1: 0.1mg (6.92%), Copper: 0.13mg (6.43%), Vitamin E: 0.69mg (4.59%), Fiber: 1.11g (4.45%), Vitamin D: 0.58µg (3.87%)