



## Corn Noodle Casserole

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10.8 ounce cream of mushroom soup canned
- 16 ounce extra wide egg noodles uncooked
- 15 ounce corn frozen canned
- 1 pound pd of ground turkey
- 8 servings salt and pepper to taste

### Equipment

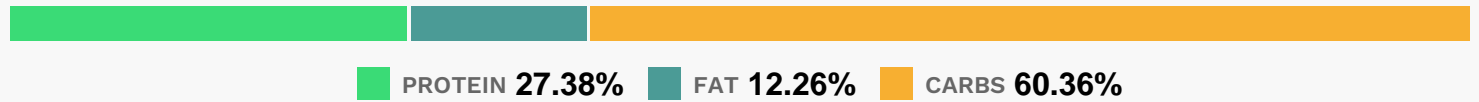
- bowl
- frying pan

- oven
- pot
- baking pan
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.
- Bring a large pot of lightly salted water to a boil.
- Add noodles, cook for 6 to 8 minutes, until al dente, and drain.
- Place turkey in a skillet over medium heat, and cook until evenly brown.
- Drain grease.
- In a bowl, gently mix cooked noodles and turkey, corn, and soup. Season with salt and pepper.
- Transfer to the prepared baking dish.
- Bake 20 minutes in the preheated oven, until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:5.5, Glycemic Load:16.96, Inflammation Score:-4, Nutrition Score:16.73956481918%

## Nutrients (% of daily need)

Calories: 356.56kcal (17.83%), Fat: 4.95g (7.62%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 54.88g (18.29%), Net Carbohydrates: 51.45g (18.71%), Sugar: 1.07g (1.18%), Cholesterol: 80.72mg (26.91%), Sodium: 507.36mg (22.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.89g (49.78%), Selenium: 57.64µg (82.34%), Vitamin B3: 7.93mg (39.66%), Vitamin B6: 0.72mg (35.94%), Manganese: 0.69mg (34.35%), Phosphorus: 322.64mg (32.26%), Zinc: 2.88mg (19.19%), Magnesium: 69.01mg (17.25%), Copper: 0.3mg (15.24%), Potassium: 509.92mg (14.57%), Fiber: 3.44g (13.74%), Vitamin B1: 0.19mg (12.93%), Vitamin B5: 1.24mg (12.44%), Iron: 2.14mg (11.91%), Folate: 44.91µg (11.23%), Vitamin B2: 0.18mg (10.6%), Vitamin B12: 0.51µg (8.58%), Vitamin C: 3.83mg (4.64%), Vitamin D: 0.4µg (2.65%), Calcium: 25.32mg (2.53%), Vitamin E: 0.25mg (1.66%), Vitamin A: 51.45IU (1.03%)