



## Creamy Tomato-Basil Turkey Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 cups rice long-grain white cooked
- 1 cup chicken broth fat-free reduced-sodium
- 2 cups vegetables mixed frozen thawed drained (carrots, corn, peas)
- 0.5 cup italian\* five cheese shredded with a touch of philadelphia kraft
- 10 oz philadelphia tomato & basil cooking creme
- 2 cups roasted turkey leftover chopped

### Equipment

- oven

baking pan

## Directions

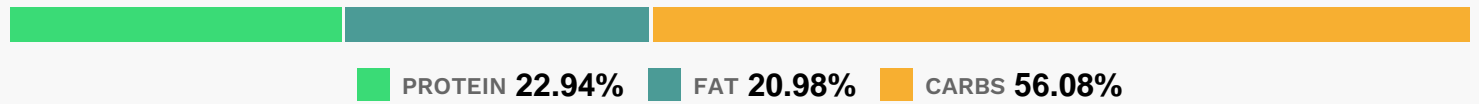
Heat oven to 350F.

Layer rice, vegetables and turkey in 8- or 9- inch square baking dish sprayed with cooking spray.

Mix cooking creme and broth until blended; pour over turkey. Top with shredded cheese; cover.

Bake 40 to 45 min. or until heated through, uncovering after 30 min.

## Nutrition Facts



## Properties

Glycemic Index:25.67, Glycemic Load:26.5, Inflammation Score:-9, Nutrition Score:12.019130534452%

## Nutrients (% of daily need)

Calories: 253.74kcal (12.69%), Fat: 5.94g (9.13%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 35.71g (11.9%), Net Carbohydrates: 31.46g (11.44%), Sugar: 3.52g (3.91%), Cholesterol: 25.72mg (8.57%), Sodium: 416.54mg (18.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.22%), Vitamin A: 3382.7IU (67.65%), Manganese: 0.53mg (26.45%), Selenium: 14.06µg (20.08%), Vitamin B3: 3.82mg (19.08%), Fiber: 4.25g (17.02%), Vitamin B6: 0.34mg (16.77%), Phosphorus: 134.56mg (13.46%), Potassium: 393.03mg (11.23%), Vitamin C: 8.58mg (10.4%), Zinc: 1.26mg (8.38%), Magnesium: 32.7mg (8.18%), Vitamin B12: 0.48µg (8%), Vitamin B2: 0.13mg (7.71%), Iron: 1.35mg (7.48%), Vitamin B1: 0.11mg (7.22%), Vitamin B5: 0.72mg (7.21%), Copper: 0.14mg (7.18%), Calcium: 62.01mg (6.2%), Folate: 22.66µg (5.67%)