



## Creamy Turkey Cleanup

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup broccoli florets fresh
- 1 medium carrots coarsely chopped
- 1 can cream of mushroom soup undiluted
- 0.8 cup milk
- 3 tablespoons parmesan cheese grated
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 2 cups turkey cubed cooked

- 2 tablespoons water
- 1.5 cups rice white uncooked minute®
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## Equipment

- bowl
- microwave

## Directions

- Cook rice according to package directions. Meanwhile, in a large microwave-safe bowl, combine the broccoli, carrot and water. Cover and microwave on high for 2–4 minutes or until crisp-tender; drain. Stir in turkey, soup, milk, Parmesan cheese, salt, pepper and rice. Microwave, uncovered, for 2–3 minutes or until heated through, stirring twice.

## Nutrition Facts

**PROTEIN 16.55%** **FAT 11.06%** **CARBS 72.39%**

## Properties

Glycemic Index:67.8, Glycemic Load:68.39, Inflammation Score:-9, Nutrition Score:24.584348025529%

## Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 680.88kcal (34.04%), Fat: 8.19g (12.6%), Saturated Fat: 3.36g (20.98%), Carbohydrates: 120.63g (40.21%), Net Carbohydrates: 117.59g (42.76%), Sugar: 3.51g (3.9%), Cholesterol: 48.35mg (16.12%), Sodium: 995.36mg (43.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.15%), Manganese: 1.85mg (92.58%), Vitamin A: 2825.15IU (56.5%), Selenium: 34.32µg (49.02%), Phosphorus: 363.36mg (36.34%), Vitamin B3: 7.05mg (35.24%), Vitamin B6: 0.65mg (32.41%), Copper: 0.52mg (26.04%), Vitamin C: 21.19mg (25.69%), Zinc: 3.72mg (24.8%), Vitamin K: 25.97µg (24.73%), Vitamin B5: 2.31mg (23.13%), Vitamin B2: 0.32mg (18.69%), Vitamin B12: 1.03µg (17.1%), Magnesium: 66.37mg (16.59%), Potassium: 566.56mg (16.19%), Calcium: 154.03mg (15.4%), Iron: 2.33mg (12.93%), Vitamin B1: 0.19mg (12.62%), Fiber: 3.04g (12.15%), Folate: 37.41µg (9.35%), Vitamin D: 0.67µg (4.47%), Vitamin E: 0.52mg (3.47%)