

 20%
HEALTH SCORE

Easy Easy Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 15 ounce corn cream-style canned
- 10.8 ounce all natural tomato soup canned
- 1.5 pounds pd of ground turkey
- 4 potatoes peeled sliced
- 6 servings salt and pepper to taste

Equipment

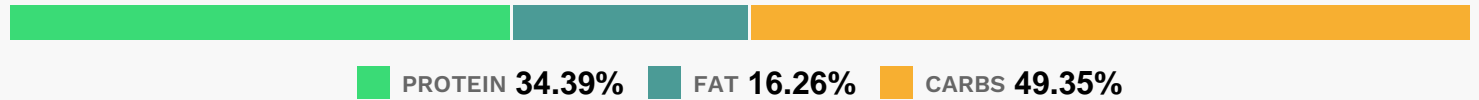
- frying pan

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet over medium-high heat, place the turkey and saute for 5 to 10 minutes, or until browned.
- Place the sliced potatoes in the bottom of a lightly greased 2-quart casserole dish, cover with butter and season with salt and pepper to taste. Then layer the cream-style corn over the potatoes, top with the browned turkey meat, and then top with the tomato soup.
- Cover and bake at 350 degrees F (175 degrees C) for 60 minutes.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:20.78, Inflammation Score:-6, Nutrition Score:21.590000152588%

Flavonoids

Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 354.36kcal (17.72%), Fat: 6.64g (10.22%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 40.84g (14.85%), Sugar: 7.58g (8.42%), Cholesterol: 72.4mg (24.13%), Sodium: 666.62mg (28.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.61g (63.22%), Vitamin B6: 1.48mg (73.96%), Vitamin B3: 13.62mg (68.12%), Vitamin C: 37.43mg (45.37%), Phosphorus: 391.37mg (39.14%), Selenium: 27.34µg (39.06%), Potassium: 1313.93mg (37.54%), Magnesium: 84.8mg (21.2%), Zinc: 2.88mg (19.2%), Fiber: 4.53g (18.13%), Manganese: 0.34mg (17.14%), Folate: 62.41µg (15.6%), Vitamin B5: 1.55mg (15.51%), Vitamin B1: 0.22mg (14.83%), Iron: 2.55mg (14.18%), Copper: 0.28mg (14.08%), Vitamin B2: 0.21mg (12.43%), Vitamin B12: 0.59µg (9.77%), Vitamin A: 399.36IU (7.99%), Vitamin K: 4.65µg (4.43%), Calcium: 30.41mg (3.04%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.42mg (2.83%)