



## Easy Turkey Divan

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10 oz broccoli spears frozen cooked drained
- 0.3 cup milk
- 0.3 cup miracle whip dressing
- 0.8 lb turkey cooked cut into 4 slices
- 4 oz velveeta cut into 1/2-inch cubes
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## Equipment

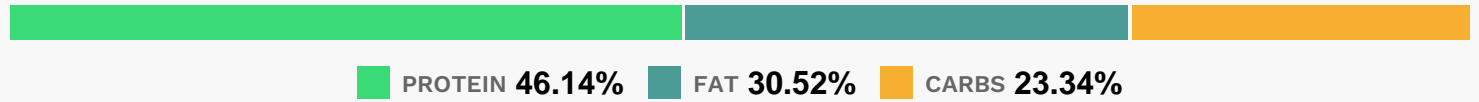
- sauce pan

- oven
- baking pan

## Directions

- Heat oven to 350F.
- Cook VELVEETA, dressing and milk in saucepan on low heat until VELVEETA is completely melted and mixture is well blended, stirring frequently.
- Place broccoli in 10x6-inch baking dish; top with turkey and VELVEETA sauce.
- Bake 20 to 25 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:1.19, Inflammation Score:-6, Nutrition Score:15.906521548396%

## Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

## Nutrients (% of daily need)

Calories: 131.78kcal (6.59%), Fat: 4.59g (7.06%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 5.74g (2.09%), Sugar: 3.62g (4.02%), Cholesterol: 46.74mg (15.58%), Sodium: 222.4mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.2%), Vitamin C: 63.22mg (76.63%), Vitamin K: 72.34µg (68.89%), Vitamin B3: 5.08mg (25.38%), Vitamin B6: 0.5mg (24.75%), Selenium: 14.92µg (21.32%), Phosphorus: 173.48mg (17.35%), Vitamin B12: 0.82µg (13.65%), Vitamin B2: 0.22mg (12.69%), Folate: 48.88µg (12.22%), Potassium: 389.91mg (11.14%), Vitamin A: 511.06IU (10.22%), Vitamin B5: 0.95mg (9.53%), Zinc: 1.43mg (9.52%), Fiber: 2.15g (8.58%), Magnesium: 31.81mg (7.95%), Manganese: 0.16mg (7.83%), Calcium: 59.67mg (5.97%), Iron: 1.06mg (5.87%), Vitamin B1: 0.09mg (5.86%), Vitamin E: 0.61mg (4.1%), Copper: 0.08mg (4.07%), Vitamin D: 0.35µg (2.33%)