



French Onion Turkey Casserole

READY IN



80 min.

SERVINGS



8

CALORIES



263 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 slices sandwich bread white hearty soft pepperidge farm®
- 10.5 ounce campbell's® condensed onion soup french canned
- 6 eggs
- 2 tablespoons thyme sprigs fresh chopped
- 2 cups milk
- 1 cup swiss cheese shredded
- 2 cups turkey shredded cubed cooked

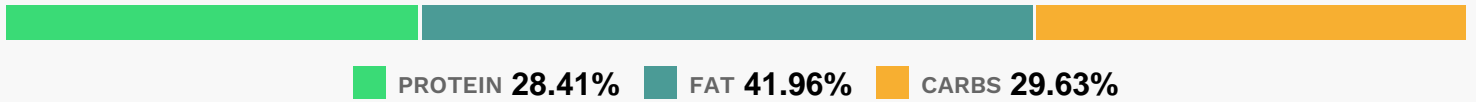
Equipment

- bowl
- oven
- knife
- whisk
- baking pan

Directions

- Heat the oven to 350 degrees F. Spray a 2-quart shallow baking dish with the cooking spray.
- Beat the eggs, soup, milk, 1/2 cup cheese and 1 tablespoon thyme in a large bowl with a fork or whisk.
- Add the bread cubes and turkey. Stir and press the bread cubes into the milk mixture to coat.
- Pour the bread mixture into the baking dish.
- Sprinkle with the remaining cheese and thyme.
- Let stand for 15 minutes.
- Bake for 45 minutes or until a knife inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:23.1, Glycemic Load:11.08, Inflammation Score:-9, Nutrition Score:13.114347717036%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Nutrients (% of daily need)

Calories: 262.98kcal (13.15%), Fat: 12.16g (18.71%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 19.32g (6.44%), Net Carbohydrates: 18.13g (6.59%), Sugar: 5.75g (6.39%), Cholesterol: 162.02mg (54.01%), Sodium: 449.16mg (19.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.04%), Selenium: 27.17µg (38.82%), Calcium: 288.78mg (28.88%), Phosphorus: 283.55mg (28.36%), Vitamin B2: 0.4mg (23.39%), Vitamin B12: 1.33µg (22.23%), Vitamin B3: 3.36mg (16.82%), Vitamin B6: 0.28mg (14.18%), Vitamin B1: 0.2mg (13.61%), Zinc: 1.99mg (13.25%), Folate: 50.47µg (12.62%), Potassium: 411.06mg (11.74%), Vitamin B5: 1.15mg (11.51%), Iron: 2.06mg (11.44%),

Manganese: 0.21mg (10.6%), Vitamin A: 486.41IU (9.73%), Vitamin D: 1.41µg (9.37%), Magnesium: 32.34mg (8.09%),
Fiber: 1.19g (4.76%), Copper: 0.09mg (4.72%), Vitamin E: 0.54mg (3.61%), Vitamin C: 2.8mg (3.4%)