



## Green Bean and Turkey Casserole

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups turkey cubed cooked
- 2 cups green beans frozen (from 1-lb bag)
- 10.8 oz cream of mushroom soup canned
- 1 cup milk
- 1.8 cups water
- 3 tablespoons butter
- 0.5 teaspoon salt
- 2 cups potatoes plain dry mashed ()

- 4 oz cheddar cheese shredded
- 2.8 oz fried onions french canned ()

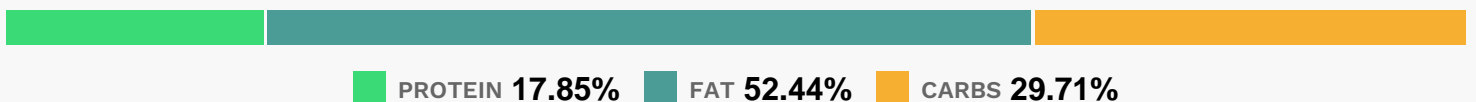
## Equipment

- sauce pan
- oven
- microwave

## Directions

- Heat oven to 375°F. In 2-quart saucepan, mix turkey, green beans, soup and 1/3 cup of the milk. Cook over medium heat 6 to 8 minutes, stirring occasionally, until mixture is hot.
- Make mashed potatoes in microwave as directed on box using water, remaining 2/3 cup milk, butter, salt and mashed potato mix.
- Remove turkey mixture from heat. Stir in cheese until melted.
- Pour into ungreased 2-quart casserole. Top with mashed potatoes.
- Bake uncovered 10 minutes.
- Sprinkle with onions; bake 3 to 5 minutes longer or until mixture is bubbly and onions are warm.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:14.460434768511%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 394.4kcal (19.72%), Fat: 23.04g (35.45%), Saturated Fat: 9.45g (59.07%), Carbohydrates: 29.37g (9.79%), Net Carbohydrates: 26.96g (9.8%), Sugar: 3.91g (4.34%), Cholesterol: 50.18mg (16.73%), Sodium: 932.74mg

(40.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.65g (35.29%), Vitamin C: 20.69mg (25.08%), Phosphorus: 249.74mg (24.97%), Selenium: 16.08µg (22.97%), Vitamin B6: 0.46mg (22.93%), Vitamin B3: 4.56mg (22.81%), Calcium: 212.57mg (21.26%), Vitamin B1: 0.28mg (18.85%), Vitamin B2: 0.29mg (17.29%), Vitamin K: 18.08µg (17.22%), Vitamin A: 779.4IU (15.59%), Vitamin B12: 0.91µg (15.21%), Zinc: 2.24mg (14.96%), Potassium: 513.72mg (14.68%), Manganese: 0.27mg (13.59%), Magnesium: 45.09mg (11.27%), Vitamin B5: 1.1mg (10.99%), Copper: 0.2mg (10.12%), Fiber: 2.41g (9.65%), Folate: 31.21µg (7.8%), Iron: 1.29mg (7.18%), Vitamin D: 0.66µg (4.4%), Vitamin E: 0.57mg (3.77%)