



Home-Style Turkey and Potato Bake

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.7 oz roasted garlic mashed
- 1 serving potatoes for on potato mix pouch
- 2 cups turkey cooked chopped
- 12 oz savory vegetable mixed frozen thawed
- 12 oz campbell's turkey gravy home-style
- 0.3 teaspoon poultry seasoning

Equipment

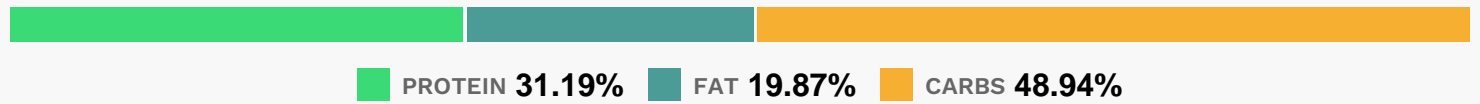
- sauce pan

oven

Directions

- Heat oven to 350°F. Spray 2–quart casserole with cooking spray; set aside. Make mashed potatoes as directed on pouch using water, milk and butter.
- In 2–quart saucepan, heat turkey, vegetables, gravy and poultry seasoning to boiling over medium–high heat, stirring occasionally.
- Pour turkey mixture into casserole. Spoon or pipe potatoes around edge of casserole.
- Bake uncovered 35 to 40 minutes or until mixture bubbles around edge of casserole.

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:6.75, Inflammation Score:-10, Nutrition Score:16.916086881057%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 210.44kcal (10.52%), Fat: 4.86g (7.48%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 22.8g (8.29%), Sugar: 1.81g (2.01%), Cholesterol: 35.78mg (11.93%), Sodium: 490.87mg (21.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.32%), Vitamin A: 4352.89IU (87.06%), Vitamin B6: 0.79mg (39.74%), Manganese: 0.78mg (38.97%), Vitamin B3: 5.1mg (25.48%), Vitamin C: 19.3mg (23.4%), Selenium: 15.67µg (22.38%), Phosphorus: 192.45mg (19.25%), Fiber: 4.12g (16.48%), Vitamin B1: 0.19mg (12.98%), Potassium: 427.11mg (12.2%), Vitamin B2: 0.2mg (11.84%), Zinc: 1.66mg (11.06%), Copper: 0.22mg (10.91%), Magnesium: 41.5mg (10.38%), Iron: 1.85mg (10.27%), Vitamin B12: 0.61µg (10.11%), Calcium: 88.3mg (8.83%), Vitamin B5: 0.74mg (7.41%), Folate: 29.35µg (7.34%), Vitamin K: 1.58µg (1.5%)