



Home-Style Turkey and Potato Bake

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



4

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

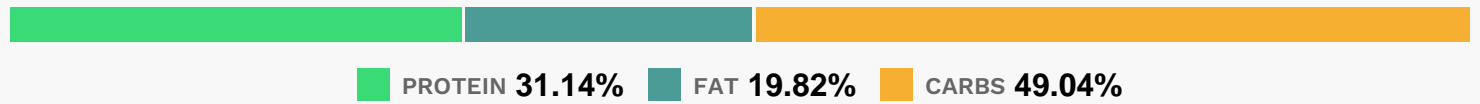
- sauce pan

oven

Directions

- Heat oven to 350F. 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:6.85, Inflammation Score:-10, Nutrition Score:16.952608460965%

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: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 211.02kcal (10.55%), Fat: 4.86g (7.48%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 22.91g (8.33%), Sugar: 1.81g (2.01%), Cholesterol: 35.78mg (11.93%), Sodium: 490.92mg (21.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.18g (34.35%), Vitamin A: 4352.91IU (87.06%), Vitamin B6: 0.8mg (39.85%), Manganese: 0.78mg (39.03%), Vitamin B3: 5.1mg (25.52%), Vitamin C: 19.45mg (23.58%), Selenium: 15.67µg (22.38%), Phosphorus: 192.88mg (19.29%), Fiber: 4.14g (16.55%), Vitamin B1: 0.2mg (13.02%), Potassium: 430.27mg (12.29%), Vitamin B2: 0.2mg (11.85%), Zinc: 1.66mg (11.07%), Copper: 0.22mg (10.95%), Magnesium: 41.67mg (10.42%), Iron: 1.85mg (10.3%), Vitamin B12: 0.61µg (10.11%), Calcium: 88.39mg (8.84%), Vitamin B5: 0.74mg (7.43%), Folate: 29.47µg (7.37%), Vitamin K: 1.59µg (1.52%)