



Leftover turkey casserole

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



489 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 onions finely chopped
- ☐ 1 eating apple cored chopped
- ☐ 2 tbsp olive oil
- ☐ 1 tsp sage dried chopped
- ☐ 2 tbsp flour plain
- ☐ 300 ml chicken stock see
- ☐ 2 tbsp wholegrain mustard
- ☐ 2 tbsp runny honey

- ☐ 500 g turkey shredded leftover
- ☐ 350 g roasted vegetables like roast potatoes diced leftover

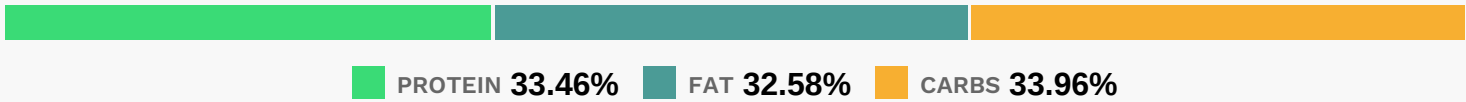
Equipment

- ☐ frying pan

Directions

- ☐ Fry the onion and apple in the oil until softened in a casserole or deep pan. Stir in the sage for 1 min, then stir in the flour. Gradually stir in the stock followed by the mustard and honey.
- ☐ Bring up to a simmer and stir in the turkey and roast veg. Cover and gently simmer for 15 mins until turkey is piping hot. Season and eat with mash or jacket potatoes.

Nutrition Facts



Properties

Glycemic Index:75.51, Glycemic Load:20.59, Inflammation Score:-6, Nutrition Score:25.649565411651%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.6mg, Quercetin: 13.6mg, Quercetin: 13.6mg, Quercetin: 13.6mg

Nutrients (% of daily need)

Calories: 489.43kcal (24.47%), Fat: 17.68g (27.2%), Saturated Fat: 4g (25.01%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 37.03g (13.46%), Sugar: 17.69g (19.65%), Cholesterol: 138.53mg (46.18%), Sodium: 328.61mg (14.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.85g (81.71%), Copper: 1.82mg (90.8%), Vitamin B3: 14.47mg (72.36%), Selenium: 43.37µg (61.95%), Vitamin B6: 1.17mg (58.43%), Phosphorus: 382.88mg (38.29%), Vitamin B2: 0.5mg (29.33%), Vitamin C: 23.64mg (28.65%), Potassium: 898.92mg (25.68%), Zinc: 3.68mg

(24.52%), Vitamin B12: 1.27µg (21.25%), Magnesium: 73.93mg (18.48%), Fiber: 4.43g (17.73%), Manganese: 0.35mg (17.66%), Vitamin B5: 1.59mg (15.85%), Iron: 2.81mg (15.6%), Vitamin B1: 0.23mg (15.4%), Folate: 48.47µg (12.12%), Vitamin E: 1.25mg (8.32%), Vitamin K: 7.37µg (7.02%), Calcium: 54.93mg (5.49%), Vitamin D: 0.5µg (3.33%), Vitamin A: 83.78IU (1.68%)