



Mushroom and Turkey Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter divided melted
- 1 ounce bread white french firm cubed
- 0.3 cup parsley fresh chopped
- 2 garlic clove minced
- 0.5 cup milk 2% low-fat
- 0.5 cup cream sour reduced-fat
- 8 ounce mushrooms
- 0.5 cup onion chopped

- 3 ounces parmesan fresh grated
- 0.5 teaspoon salt
- 1.5 cups turkey cooked chopped
- 1 cup campbell's turkey gravy
- 0.8 cup roasted cranberry sauce
- 6 ounce rice long-grain wild (such as Uncle Ben's)
- 0.8 teaspoon sage dried fresh minced

Equipment

- food processor
- frying pan
- oven

Directions

- Preheat oven to 32
- Prepare rice according to package directions, omitting fat and seasoning packet. Set aside.
- While rice cooks, place bread in a food processor; pulse 15 times or until fine crumbs measure 1/2 cup.
- Add 1 teaspoon butter to processor; pulse until combined.
- Add cheese to processor, and pulse until combined.
- Heat a large skillet over medium-high heat.
- Add 2 teaspoons of butter, onion, garlic, and mushrooms; saut 7 minutes or until onion is tender. Stir in turkey and next 7 ingredients (through pepper).
- Add cooked rice; stir.
- Spoon rice mixture into a 1 1/2-quart casserole coated with cooking spray.
- Sprinkle with breadcrumb mixture.
- Bake at 325 for 30 minutes or until golden brown.
- Serve with cranberry sauce.

Nutrition Facts

PROTEIN 21.46% FAT 26.74% CARBS 51.8%

Properties

Glycemic Index:61.08, Glycemic Load:13.6, Inflammation Score:-6, Nutrition Score:16.45434787999%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 344.37kcal (17.22%), Fat: 10.48g (16.13%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 45.69g (15.23%), Net Carbohydrates: 42.71g (15.53%), Sugar: 15.21g (16.91%), Cholesterol: 40.24mg (13.41%), Sodium: 703.62mg (30.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.93g (37.86%), Vitamin K: 43µg (40.95%), Phosphorus: 346.89mg (34.69%), Vitamin B3: 5.56mg (27.82%), Manganese: 0.5mg (24.81%), Calcium: 242.54mg (24.25%), Vitamin B2: 0.41mg (23.85%), Selenium: 15.53µg (22.19%), Zinc: 3.02mg (20.16%), Magnesium: 75.6mg (18.9%), Vitamin B6: 0.37mg (18.44%), Copper: 0.33mg (16.26%), Folate: 51.23µg (12.81%), Vitamin B5: 1.26mg (12.59%), Potassium: 436.36mg (12.47%), Fiber: 2.98g (11.92%), Vitamin B12: 0.69µg (11.55%), Vitamin A: 516.58IU (10.33%), Vitamin B1: 0.15mg (9.93%), Iron: 1.63mg (9.06%), Vitamin C: 5.94mg (7.2%), Vitamin E: 0.76mg (5.1%), Vitamin D: 0.48µg (3.17%)