



Onion-Topped Turkey Divan

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cups broccoli florets frozen thawed
- 2 cups turkey diced cooked
- 10.8 oz cream of chicken soup canned
- 0.5 cup salad dressing
- 0.5 cup milk
- 4 oz cheddar cheese shredded
- 1 cup fried onions crushed (from 2.8-oz can)

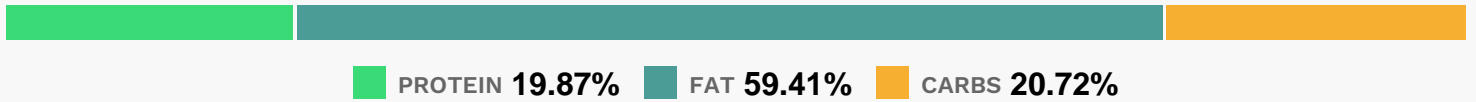
Equipment

- bowl
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- Layer broccoli and turkey in baking dish. In medium bowl, mix soup, mayonnaise and milk; stir in cheese.
- Spread over turkey and broccoli.
- Cover baking dish with foil.
- Bake 30 minutes.
- Sprinkle with onions.
- Bake uncovered 20 to 25 minutes longer or until bubbly and broccoli is tender.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:4.54, Inflammation Score:-8, Nutrition Score:25.337391293567%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 469.29kcal (23.46%), Fat: 31.24g (48.06%), Saturated Fat: 11.94g (74.61%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 21.55g (7.84%), Sugar: 7.11g (7.9%), Cholesterol: 73.89mg (24.63%), Sodium: 1233.36mg (53.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.5g (47%), Vitamin K: 136.37µg (129.88%), Vitamin C: 101.66mg (123.22%), Phosphorus: 354.7mg (35.47%), Selenium: 24.07µg (34.38%), Calcium: 311.36mg (31.14%), Vitamin B6: 0.55mg (27.69%), Vitamin B2: 0.43mg (25.13%), Vitamin B3: 4.9mg (24.52%), Vitamin A: 1219.21IU

(24.38%), Folate: 82.62µg (20.65%), Zinc: 2.76mg (18.39%), Vitamin B12: 1.07µg (17.86%), Potassium: 600.36mg (17.15%), Manganese: 0.31mg (15.49%), Vitamin E: 2.21mg (14.76%), Vitamin B5: 1.43mg (14.32%), Magnesium: 52.14mg (13.04%), Iron: 2.19mg (12.15%), Fiber: 2.96g (11.83%), Copper: 0.21mg (10.34%), Vitamin B1: 0.15mg (9.71%), Vitamin D: 0.65µg (4.36%)