



Poppy Seed Turkey Casserole

READY IN



37 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 sleeve of round buttery crackers whole wheat with ritz, crushed*
- ☐ 10.8 oz cream of chicken and mushroom soup canned
- ☐ 3 tablespoons poppy seeds
- ☐ 6 oz sharp cheddar cheese shredded
- ☐ 16 oz cup heavy whipping cream light sour
- ☐ 3 cups turkey cooked chopped

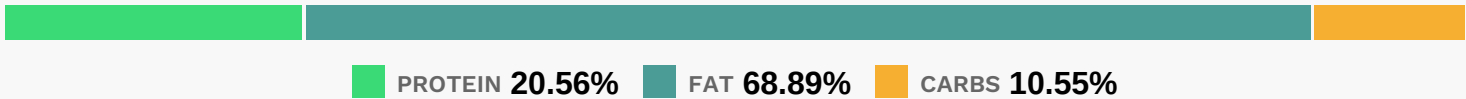
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 5 ingredients in a large bowl; stir well. Spoon into a lightly greased 11" x 7" baking dish. Top with crushed crackers.
- ☐ Drizzle with melted butter.
- ☐ Bake, uncovered, at 350 for 25 to 30 minutes or until bubbly.
- ☐ Let stand 10 minutes before serving.
- ☐ *You can crush the crackers while they're still in the sleeve; then open at one end, and sprinkle over casserole.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:1.77, Inflammation Score:-6, Nutrition Score:13.769999885041%

Nutrients (% of daily need)

Calories: 428.36kcal (21.42%), Fat: 32.99g (50.75%), Saturated Fat: 13.83g (86.44%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 10.48g (3.81%), Sugar: 0.74g (0.82%), Cholesterol: 94.66mg (31.55%), Sodium: 755.16mg (32.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.29%), Calcium: 387.92mg (38.79%), Phosphorus: 332.9mg (33.29%), Selenium: 22.55µg (32.21%), Vitamin B3: 4.13mg (20.63%), Vitamin B12: 1.23µg (20.56%), Vitamin B2: 0.34mg (20.02%), Vitamin A: 990.63IU (19.81%), Zinc: 2.81mg (18.73%), Manganese: 0.35mg (17.39%), Vitamin B6: 0.34mg (17.23%), Magnesium: 45.66mg (11.42%), Potassium: 355.24mg (10.15%), Copper: 0.2mg (9.93%), Iron: 1.53mg (8.48%), Vitamin E: 1.15mg (7.66%), Vitamin B1: 0.11mg (7.37%), Vitamin B5: 0.64mg (6.42%), Folate: 22.91µg (5.73%), Fiber: 0.89g (3.56%), Vitamin K: 3.39µg (3.23%), Vitamin D: 0.47µg (3.14%)