



Potato-Topped Turkey and Green Bean Bake

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pd of ground turkey lean
- 0.5 cup onion chopped
- 0.5 teaspoon garlic powder
- 0.8 teaspoon thyme leaves dried
- 0.7 cup skim milk fat-free (skim)
- 18 ounces green beans frozen french-style thawed drained
- 10.8 ounces cream of mushroom soup fat-free 98% canned
- 8 ounces water chestnuts drained sliced canned
- 4.5 ounces mushrooms drained sliced

16 ounces potato nuggets frozen

Equipment

frying pan

oven

baking pan

Directions

Heat oven to 450°. Spray rectangular baking dish, 13x9x2 inches, with cooking spray.

Spray 10-inch nonstick skillet with cooking spray. Cook turkey, onion, garlic powder and thyme in skillet over medium-high heat until turkey is no longer pink. Stir in milk, green beans, soup, water chestnuts and mushrooms.

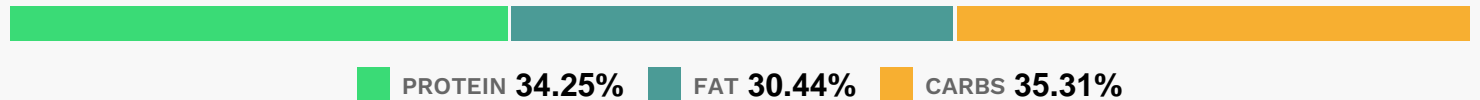
Heat to boiling.

Pour turkey mixture into baking dish. Top with potato nuggets.

Bake 20 to 25 minutes or until hot and bubbly.

Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.53, Glycemic Load:1.92, Inflammation Score:-6, Nutrition Score:16.260000042293%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 257.29kcal (12.86%), Fat: 9.36g (14.4%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 16.9g (6.14%), Sugar: 7.07g (7.86%), Cholesterol: 33.7mg (11.23%), Sodium: 315.93mg (13.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.69g (47.38%), Iron: 7.56mg (42%), Vitamin B3: 7.09mg

(35.45%), Vitamin B6: 0.71mg (35.28%), Fiber: 7.53g (30.12%), Vitamin K: 27.55µg (26.24%), Potassium: 802.47mg (22.93%), Selenium: 15.21µg (21.73%), Phosphorus: 211.93mg (21.19%), Manganese: 0.33mg (16.36%), Vitamin B2: 0.25mg (14.95%), Zinc: 1.94mg (12.92%), Copper: 0.25mg (12.72%), Vitamin C: 9.73mg (11.79%), Vitamin B5: 1.1mg (11.04%), Magnesium: 42.65mg (10.66%), Vitamin A: 505.06IU (10.1%), Folate: 36µg (9%), Vitamin B1: 0.13mg (8.65%), Vitamin B12: 0.47µg (7.92%), Calcium: 62mg (6.2%), Vitamin E: 0.53mg (3.51%), Vitamin D: 0.48µg (3.22%)