



Southern Turkey and Lentil Casserole

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



5

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 slices bacon cut into 1/2-inch pieces
- 1 cup carrots chopped
- 0.5 cup onion chopped
- 8 oz lentils dried rinsed
- 15 oz blackeyed peas rinsed drained canned
- 14.5 oz canned tomatoes italian-style undrained canned
- 1.8 cups chicken broth (from 32-oz carton)
- 1.5 cups seasoning cubes cooked

- 2 tablespoons chili sauce
- 1 serving parsley fresh chopped

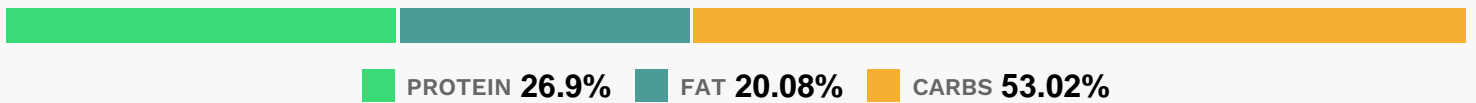
Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 10-inch nonstick skillet, cook bacon, carrots and onion over medium heat 3 to 5 minutes, stirring occasionally, until vegetables are crisp-tender. Stir in lentils. Cook 3 minutes, stirring occasionally.
- Spoon mixture into baking dish. Stir in black-eyed peas, tomatoes, broth, turkey and chili sauce.
- Cover with foil; bake 1 hour to 1 hour 10 minutes or until liquid is absorbed.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:41.89, Glycemic Load:11.11, Inflammation Score:-10, Nutrition Score:32.835217184347%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg Gallic acid: 0.13mg, Gallic acid: 0.13mg, Gallic acid: 0.13mg, Gallic acid: 0.13mg

0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 422.76kcal (21.14%), Fat: 9.64g (14.83%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 57.28g (19.09%), Net Carbohydrates: 35.2g (12.8%), Sugar: 11g (12.23%), Cholesterol: 31.58mg (10.53%), Sodium: 1081.28mg (47.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.07g (58.13%), Folate: 414.52µg (103.63%), Vitamin A: 4600.61IU (92.01%), Fiber: 22.08g (88.34%), Manganese: 1.26mg (62.8%), Vitamin B1: 0.73mg (48.38%), Phosphorus: 409.37mg (40.94%), Iron: 7.18mg (39.89%), Copper: 0.66mg (33.01%), Magnesium: 125.58mg (31.4%), Potassium: 1092.07mg (31.2%), Vitamin B6: 0.56mg (28.25%), Zinc: 3.86mg (25.73%), Vitamin K: 24.95µg (23.76%), Vitamin B3: 3.87mg (19.36%), Vitamin C: 14.62mg (17.72%), Vitamin B5: 1.75mg (17.47%), Vitamin B2: 0.27mg (16.01%), Selenium: 10.42µg (14.89%), Vitamin E: 1.89mg (12.6%), Calcium: 92.37mg (9.24%), Vitamin B12: 0.1µg (1.74%)