



 **59%**
HEALTH SCORE

Southern Turkey and Lentil Casserole

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



100 min.

SERVINGS



5

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 slices bacon cut into 1/2-inch pieces
- 15 oz blackeyed peas rinsed drained canned
- 14.5 oz canned tomatoes italian-style undrained canned
- 1 cup carrots chopped
- 1.8 cups chicken broth (from 32-oz carton)
- 2 tablespoons chili sauce
- 8 oz lentils dried rinsed
- 5 servings parsley fresh chopped

- 0.5 cup onion chopped
- 1.5 cups turkey cooked

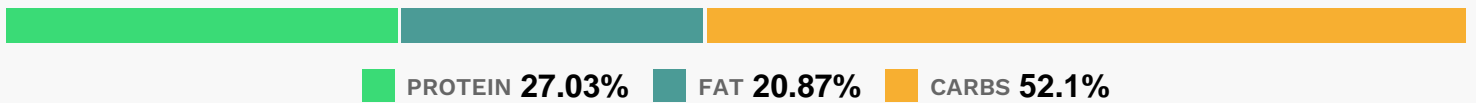
Equipment

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

Directions

- Heat oven to 350F. 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:11.14, Inflammation Score:-10, Nutrition Score:38.188695674357%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

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

Nutrients (% of daily need)

Calories: 429.31kcal (21.47%), Fat: 10.13g (15.58%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 34.69g (12.61%), Sugar: 10.44g (11.6%), Cholesterol: 34.73mg (11.58%), Sodium: 670.65mg (29.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.02%), Folate: 421.47µg (105.37%), Vitamin A: 4886.88IU (97.74%), Fiber: 22.19g (88.76%), Vitamin K: 77.43µg (73.74%), Manganese: 1.26mg (63.24%), Vitamin B1: 0.74mg (49.51%), Phosphorus: 465.8mg (46.58%), Iron: 7.42mg (41.2%), Vitamin B6: 0.75mg (37.32%), Copper: 0.69mg (34.4%), Magnesium: 134.64mg (33.66%), Potassium: 1176.59mg (33.62%), Vitamin B3: 6.19mg (30.95%), Zinc: 4.42mg (29.5%), Selenium: 16.78µg (23.97%), Vitamin C: 18.87mg (22.88%), Vitamin B5: 2mg (20.01%), Vitamin B2: 0.33mg (19.44%), Vitamin E: 1.94mg (12.94%), Calcium: 100.06mg (10.01%), Vitamin B12: 0.47µg (7.8%), Vitamin D: 0.16µg (1.07%)