



STOVE TOP Easy Turkey Bake

READY IN



45 min.

SERVINGS



45

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz broccoli florets frozen thawed drained
- 10 oz cream of chicken soup canned
- 0.8 cup milk
- 1.5 cups cheddar cheese shredded kraft
- 6 oz stove top stuffing mix for turkey
- 4 cups turkey cooked chopped
- 1.7 cups water hot

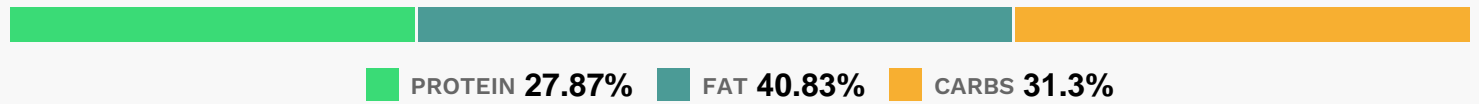
Equipment

- oven
- baking pan

Directions

- Heat oven to 350F.
- Add hot water to stuffing mix; stir just until moistened.
- Combine turkey and broccoli in 13x9-inch baking dish sprayed with cooking spray.
- Mix soup, milk and cheese; pour over turkey mixture. Top with stuffing.
- Bake 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:3.11, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:3.3104347612547%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 53.53kcal (2.68%), Fat: 2.43g (3.74%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.85g (1.4%), Sugar: 0.71g (0.79%), Cholesterol: 11.16mg (3.72%), Sodium: 136.76mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.47%), Vitamin C: 7.87mg (9.54%), Vitamin K: 9.4µg (8.95%), Selenium: 5.18µg (7.4%), Phosphorus: 50.63mg (5.06%), Vitamin B3: 0.98mg (4.9%), Calcium: 41.56mg (4.16%), Vitamin B6: 0.08mg (3.96%), Vitamin B2: 0.07mg (3.94%), Folate: 13.44µg (3.36%), Vitamin B12: 0.17µg (2.84%), Zinc: 0.4mg (2.68%), Vitamin B1: 0.04mg (2.48%), Manganese: 0.05mg (2.34%), Vitamin A: 115.77IU (2.32%), Iron: 0.36mg (1.98%), Potassium: 69.05mg (1.97%), Magnesium: 7.42mg (1.85%), Vitamin B5: 0.18mg (1.8%), Copper: 0.03mg (1.54%), Fiber: 0.35g (1.4%), Vitamin E: 0.16mg (1.04%)