

Thanksgiving Leftover Casserole

READY IN



75 min.

SERVINGS



8

CALORIES



324 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 12 fluid ounce evaporated milk canned
- 2 tablespoons flour all-purpose
- 0.3 teaspoon onion powder
- 2 cups potatoes leftover mashed
- 0.3 teaspoon salt
- 1 cup cheddar cheese shredded
- 1 cup bread stuffing mix dry crushed finely

- 1 cup turkey meat diced cooked
- 1 cup water

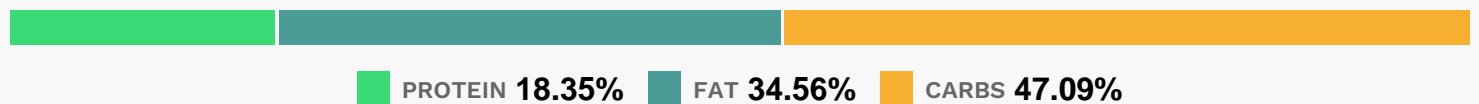
Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- Melt 3 tablespoons butter in a saucepan over low heat. Blend in the flour. Slowly stir in evaporated milk and water, then season with salt, pepper, and onion powder. Stir sauce over low heat for 5 minutes.
- In a separate saucepan over low heat, melt 2 tablespoons butter. Blend in the dry stuffing mix.
- Place the turkey in the prepared baking dish.
- Pour the sauce over turkey, then sprinkle with Cheddar cheese.
- Spread mashed potatoes over cheese. Top mashed potatoes with the stuffing mixture.
- Bake 45 minutes in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:33.47, Glycemic Load:7.85, Inflammation Score:-5, Nutrition Score:13.013913107955%

Flavonoids

Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 323.98kcal (16.2%), Fat: 12.41g (19.09%), Saturated Fat: 6.9g (43.09%), Carbohydrates: 38.03g (12.68%), Net Carbohydrates: 35.85g (13.04%), Sugar: 7.38g (8.2%), Cholesterol: 46.53mg (15.51%), Sodium: 675.45mg (29.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.65%), Selenium: 24.01µg (34.3%),

Phosphorus: 262.77mg (26.28%), Calcium: 255.11mg (25.51%), Vitamin B2: 0.38mg (22.53%), Vitamin B3: 3.88mg (19.41%), Vitamin B1: 0.27mg (17.81%), Vitamin B6: 0.35mg (17.37%), Folate: 69.41µg (17.35%), Manganese: 0.28mg (14.2%), Potassium: 484.48mg (13.84%), Vitamin C: 11.2mg (13.58%), Magnesium: 44.05mg (11.01%), Zinc: 1.63mg (10.88%), Iron: 1.89mg (10.5%), Fiber: 2.18g (8.71%), Copper: 0.16mg (8.07%), Vitamin B5: 0.78mg (7.76%), Vitamin B12: 0.45µg (7.49%), Vitamin A: 342.24IU (6.84%), Vitamin E: 0.39mg (2.62%), Vitamin K: 2.28µg (2.17%), Vitamin D: 0.16µg (1.09%)