



## Turkey and Broccoli Casserole

READY IN



40 min.

SERVINGS



40

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10 oz broccoli florets frozen thawed drained
- 10 oz condensed cheddar cheese soup canned
- 0.8 cup milk
- 6 oz stove top stuffing mix for turkey
- 3 cups turkey cooked chopped
- 1.7 cups water hot

### Equipment

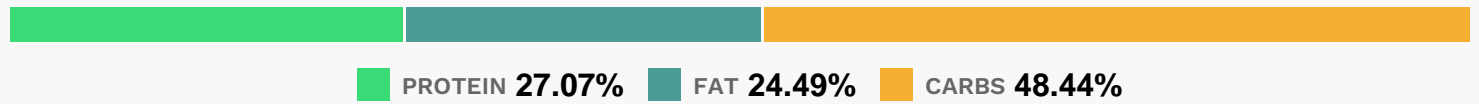
- oven

- baking pan
- casserole dish

## Directions

- Preheat oven to 350F.
- Add hot water to stuffing mix; stir just until moistened. Set aside.
- Mix turkey and broccoli in 2-quart casserole dish or 13x9-inch baking dish.
- Mix soup and milk until well blended; pour over turkey mixture. Top with prepared stuffing.
- Bake 30 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:1.75, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.5247826122719%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 37.82kcal (1.89%), Fat: 1.02g (1.57%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.18g (1.52%), Sugar: 0.81g (0.9%), Cholesterol: 6.24mg (2.08%), Sodium: 109.8mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.09%), Vitamin C: 6.32mg (7.66%), Vitamin K: 7.29µg (6.94%), Selenium: 3.89µg (5.56%), Vitamin B3: 0.86mg (4.32%), Vitamin B6: 0.07mg (3.32%), Folate: 12.13µg (3.03%), Phosphorus: 28.94mg (2.89%), Vitamin B2: 0.05mg (2.68%), Potassium: 88.45mg (2.53%), Vitamin B1: 0.04mg (2.43%), Manganese: 0.04mg (2.06%), Vitamin B12: 0.12µg (1.94%), Vitamin A: 84.39IU (1.69%), Calcium: 16.47mg (1.65%), Iron: 0.28mg (1.54%), Fiber: 0.38g (1.51%), Zinc: 0.22mg (1.47%), Magnesium: 5.7mg (1.43%), Vitamin B5: 0.14mg (1.35%), Copper: 0.02mg (1.05%)