



WHATSheATE



Turkey and Cornbread Stuffing Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



421 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 oz campbell's® condensed cream of celery soup canned
- ☐ 1.3 cups milk
- ☐ 1 cup peas sweet frozen
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup spring onion sliced
- ☐ 2 cups turkey cooked
- ☐ 1.5 cups bread stuffing mix
- ☐ 0.3 cup milk
- ☐ 2 eggs

☐ 1 cup frangelico

Equipment

☐ bowl

☐ sauce pan

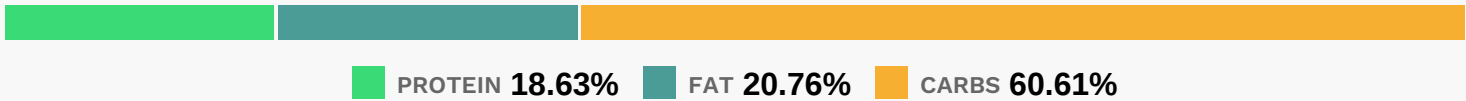
☐ oven

☐ knife

Directions

- ☐ Heat oven to 400°F. Grease bottom and side of 3-quart casserole with shortening or cooking spray.
- ☐ In 3-quart saucepan, heat soup and 1 1/4 cups milk to boiling, stirring frequently. Stir in peas, cranberries and onions.
- ☐ Heat to boiling, stirring frequently; remove from heat. Stir in turkey and stuffing mix. Spoon into casserole.
- ☐ In small bowl, stir remaining ingredients until blended.
- ☐ Pour over stuffing mixture.
- ☐ Bake uncovered 35 to 40 minutes or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:25.39, Glycemic Load:2.08, Inflammation Score:-7, Nutrition Score:20.34521716574%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 421.19kcal (21.06%), Fat: 9.71g (14.93%), Saturated Fat: 3.17g (19.84%), Carbohydrates: 63.74g (21.25%), Net Carbohydrates: 59.53g (21.65%), Sugar: 17.39g (19.32%), Cholesterol: 91.91mg (30.64%), Sodium: 1176.6mg (51.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.6g (39.2%), Selenium: 42.54µg (60.78%), Vitamin B3: 6.73mg (33.65%), Vitamin B1: 0.49mg (32.53%), Folate: 127.97µg (31.99%), Vitamin B2: 0.51mg (29.96%), Manganese: 0.6mg (29.8%), Phosphorus: 278.37mg (27.84%), Vitamin K: 25µg (23.81%), Vitamin B6: 0.4mg (20.14%), Iron: 3.51mg (19.47%), Calcium: 170.47mg (17.05%), Fiber: 4.22g (16.87%), Vitamin B12: 0.9µg (14.94%), Vitamin B5: 1.47mg (14.74%), Copper: 0.29mg (14.36%), Magnesium: 52.77mg (13.19%), Zinc: 1.97mg (13.11%), Potassium: 456.65mg (13.05%), Vitamin C: 10.57mg (12.81%), Vitamin A: 567.41IU (11.35%), Vitamin E: 1.41mg (9.41%), Vitamin D: 1.06µg (7.09%)