



Turkey and Green Chile Stuffing Casserole

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



796 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 4.5 oz chilis green undrained chopped canned
- 0.5 teaspoon chili powder
- 1 cup corn whole frozen (from 1-lb bag)
- 0.5 cup onion chopped
- 0.5 cup bell pepper red chopped
- 0.5 teaspoon lawry's seasoned salt
- 4 cups bread stuffing mix

- 1.5 lb turkey breast tenderloins
- 1.5 cups water

Equipment

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

Directions

- Heat oven to 350F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. In 12-inch nonstick skillet, melt butter over medium-high heat. Cook onion and bell pepper in butter 2 to 3 minutes, stirring frequently, until tender. Stir in stuffing mix, corn, chiles and water.
- Spread stuffing mixture in baking dish.
- Sprinkle both sides of turkey tenderloins with chili powder and peppered seasoned salt.
- Place on stuffing, pressing into stuffing mixture slightly. Spray sheet of foil with cooking spray. Cover baking dish with foil, sprayed side down.
- Bake 1 hour. Uncover and bake 10 to 15 minutes longer or until juice of turkey is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:26.617826311485%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 795.86kcal (39.79%), Fat: 11.12g (17.1%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 126.54g (42.18%), Net Carbohydrates: 120.58g (43.85%), Sugar: 14.14g (15.71%), Cholesterol: 52.2mg (17.4%), Sodium: 2661.65mg (115.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.7g (89.4%), Selenium: 75.89µg (108.41%), Folate: 292.05µg (73.01%), Vitamin B1: 0.96mg (63.98%), Manganese: 0.99mg (49.27%), Vitamin B3: 9.58mg (47.9%), Vitamin B2: 0.66mg (39.11%), Iron: 6.46mg (35.88%), Vitamin C: 24.59mg (29.8%), Phosphorus: 243.65mg (24.36%), Fiber: 5.95g (23.82%), Copper: 0.4mg (20.09%), Magnesium: 70.5mg (17.62%), Calcium: 168.93mg (16.89%), Vitamin B6: 0.32mg (16.06%), Potassium: 491.95mg (14.06%), Vitamin A: 635.32IU (12.71%), Zinc: 1.62mg (10.82%), Vitamin B5: 0.71mg (7.07%), Vitamin E: 1.01mg (6.71%), Vitamin K: 2.57µg (2.45%)