



Turkey and Green Chile Stuffing Casserole

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



579 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 4 cups just-add-water cornbread mix
- ☐ 1 cup corn whole frozen (from 1-lb bag)
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 1.5 cups water
- ☐ 1.5 lb turkey breast tenderloins

- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 teaspoon lawry's seasoned salt

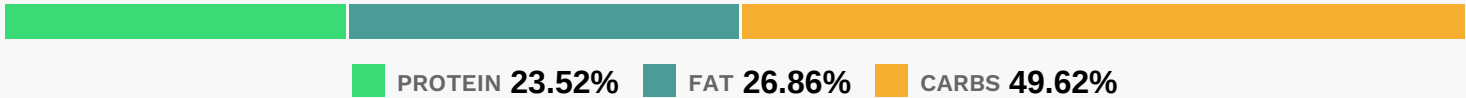
Equipment

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

Directions

- ☐ Heat oven to 350°F. 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:-7, Nutrition Score:13.346086875252%

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: 579.47kcal (28.97%), Fat: 17.22g (26.49%), Saturated Fat: 4.26g (26.63%), Carbohydrates: 71.57g (23.86%), Net Carbohydrates: 64.6g (23.49%), Sugar: 20.22g (22.46%), Cholesterol: 52.5mg (17.5%), Sodium: 1204.21mg (52.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.91g (67.83%), Phosphorus: 480.66mg (48.07%), Vitamin C: 23.87mg (28.94%), Folate: 113.21µg (28.3%), Vitamin B1: 0.42mg (28.05%), Fiber: 6.98g (27.91%), Vitamin B3: 3.61mg (18.06%), Manganese: 0.34mg (17.23%), Vitamin B2: 0.28mg (16.62%), Iron: 2.77mg (15.38%), Vitamin A: 737.29IU (14.75%), Vitamin B6: 0.2mg (9.95%), Selenium: 5.43µg (7.76%), Magnesium: 29.87mg (7.47%), Calcium: 68.66mg (6.87%), Potassium: 207.49mg (5.93%), Copper: 0.11mg (5.31%), Vitamin B5: 0.53mg (5.28%), Vitamin K: 5.54µg (5.27%), Zinc: 0.69mg (4.6%), Vitamin E: 0.56mg (3.72%), Vitamin B12: 0.09µg (1.49%)