



Turkey and Stuffing Bake

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 22 oz broccoli florets green frozen thawed drained giant select®
- 10.8 oz cream of chicken soup canned
- 0.5 cup cream sour
- 6 oz swiss cheese shredded
- 3 cups turkey cooked chopped
- 6 oz turkey betty crocker®
- 0.8 cup water hot

Equipment

- bowl
- oven
- glass baking pan

Directions

- Heat oven to 350°F.
- Spread turkey in ungreased 13x9-inch glass baking dish. Top with broccoli.
- In medium bowl, stir together soup, sour cream and cheese; spread over broccoli. In large bowl, stir together stuffing mix and hot water; sprinkle over casserole.
- Bake uncovered 35 to 40 minutes or until hot and bubbly.

Nutrition Facts

PROTEIN 32.72% **FAT 53.14%** **CARBS 14.14%**

Properties

Glycemic Index:12.75, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:19.959130276804%

Flavonoids

Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 6.11mg, Kaempferol: 6.11mg, Kaempferol: 6.11mg, Kaempferol: 6.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 246.66kcal (12.33%), Fat: 14.82g (22.8%), Saturated Fat: 6.82g (42.64%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 6.85g (2.49%), Sugar: 2.05g (2.28%), Cholesterol: 69.01mg (23%), Sodium: 396.71mg (17.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.53g (41.06%), Vitamin C: 69.71mg (84.5%), Vitamin K: 81.6µg (77.71%), Selenium: 20.76µg (29.66%), Phosphorus: 292.07mg (29.21%), Calcium: 252.15mg (25.22%), Vitamin B6: 0.47mg (23.55%), Vitamin B3: 4.67mg (23.35%), Vitamin B12: 1.31µg (21.85%), Vitamin B2: 0.29mg (17.31%), Vitamin A: 850.39IU (17.01%), Zinc: 2.34mg (15.61%), Folate: 56.32µg (14.08%), Potassium: 415.4mg (11.87%), Vitamin B5: 1.08mg (10.84%), Manganese: 0.2mg (9.93%), Magnesium: 39.66mg (9.92%), Iron: 1.46mg (8.12%), Fiber: 2.03g (8.11%), Copper: 0.14mg (7.17%), Vitamin E: 1.04mg (6.95%), Vitamin B1: 0.09mg (6.04%), Vitamin D: 0.16µg (1.05%)