



Turkey and Wild Rice Casserole

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



502 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 30 oz alfredo sauce refrigerated reduced-fat
- 0.5 cup breadcrumbs plain
- 3 tablespoons butter melted
- 1 cup chicken broth (from 32-oz carton)
- 3 cups rice wild cooked
- 12 oz savory vegetable mixed frozen thawed
- 1.5 cups quick-cooking brown rice instant uncooked
- 0.5 teaspoon salt

- 0.5 teaspoon thyme leaves dried
- 4 cups turkey cooked
- 0.3 cup walnut pieces finely chopped

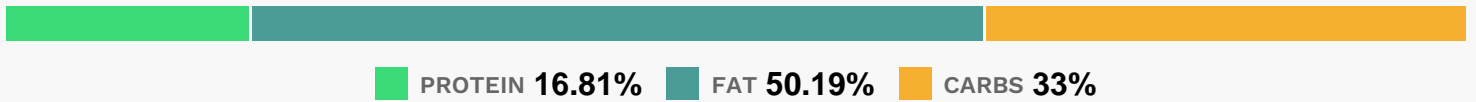
Equipment

- bowl
- oven

Directions

- Heat oven to 350F. Spray 3-quart casserole with cooking spray.
- In large bowl, mix turkey, vegetables, cooked wild rice, uncooked brown rice, salt and thyme. Stir in heated broth and Alfredo sauce.
- Pour into casserole. In small bowl, mix bread crumbs, walnuts and butter; sprinkle over turkey mixture.
- Bake uncovered about 45 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:1.87, Inflammation Score:-9, Nutrition Score:15.537826126036%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 502.25kcal (25.11%), Fat: 27.85g (42.85%), Saturated Fat: 10.73g (67.04%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 37.52g (13.64%), Sugar: 2.83g (3.14%), Cholesterol: 106.11mg (35.37%), Sodium: 1146.95mg (49.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.97%), Vitamin A: 2384.11IU (47.68%), Vitamin B3: 6.8mg (34.01%), Manganese: 0.64mg (32.24%), Selenium: 19.24µg (27.49%), Vitamin B6: 0.47mg (23.5%), Vitamin B1: 0.34mg (22.77%), Folate: 87.06µg (21.76%), Phosphorus: 211.8mg (21.18%), Zinc: 2.36mg (15.77%), Iron: 2.69mg (14.96%), Fiber: 3.68g (14.72%), Vitamin B2: 0.24mg (14.04%), Magnesium: 53.9mg (13.48%), Copper: 0.26mg (13.07%), Vitamin B12: 0.64µg (10.68%), Potassium: 305.59mg (8.73%), Vitamin B5: 0.7mg (7.02%),

Vitamin C: 4.68mg (5.67%), Calcium: 40.77mg (4.08%), Vitamin E: 0.4mg (2.7%)