



Turkey and Wild Rice Casserole

READY IN



120 min.

SERVINGS



10

CALORIES



291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 oz alfredo sauce refrigerated reduced-fat
- 0.5 cup breadcrumbs plain
- 0.8 cup brown rice long-grain uncooked
- 2.7 cups savory vegetable mixed frozen thawed
- 0.5 cup chicken broth reduced-sodium (from 32-oz carton)
- 2 teaspoons olive oil
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper
- 0.3 teaspoon poultry seasoning dried

- 1 cup cream fat-free sour
- 4 cups turkey cooked
- 5 cups water
- 0.8 cup rice wild uncooked

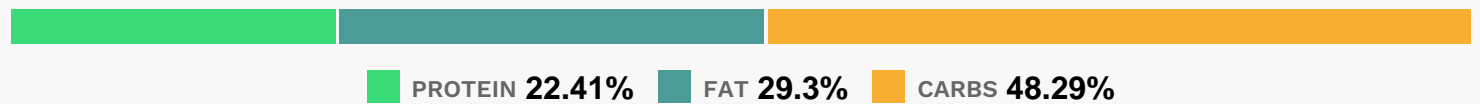
Equipment

- bowl
- sauce pan
- oven
- baking pan
- glass baking pan

Directions

- In 3-quart saucepan, heat water, brown rice and wild rice to boiling . Reduce heat; cover and simmer 40 to 50 minutes or until rices are tender. If necessary, drain.
- Heat oven to 350F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In very large bowl, mix pasta sauce, sour cream, broth, Parmesan cheese, thyme and pepper until well mixed. Stir in rice mixture, turkey and vegetables. Spoon into baking dish.
- In small bowl, mix bread crumbs and oil; sprinkle over turkey mixture.
- Bake uncovered 40 to 50 minutes or until edges are bubbly and bread crumbs are lightly browned.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:12.78, Inflammation Score:-9, Nutrition Score:14.642608606297%

Nutrients (% of daily need)

Calories: 290.69kcal (14.53%), Fat: 9.52g (14.64%), Saturated Fat: 3.63g (22.72%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 31.87g (11.59%), Sugar: 1.22g (1.36%), Cholesterol: 51.47mg (17.16%), Sodium: 384.49mg (16.72%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.38g (32.77%), Vitamin A: 2570.93IU (51.42%), Manganese: 0.88mg (43.88%), Vitamin B3: 5.6mg (28.02%), Phosphorus: 241.29mg (24.13%), Vitamin B6: 0.42mg (20.97%), Selenium: 12.46µg (17.8%), Magnesium: 70.2mg (17.55%), Zinc: 2.26mg (15.04%), Vitamin B1: 0.21mg (14.22%), Fiber: 3.43g (13.72%), Vitamin B2: 0.22mg (13%), Copper: 0.22mg (11.13%), Vitamin B12: 0.62µg (10.31%), Folate: 39.64µg (9.91%), Potassium: 337.4mg (9.64%), Iron: 1.62mg (8.99%), Calcium: 89.21mg (8.92%), Vitamin B5: 0.78mg (7.82%), Vitamin C: 5.05mg (6.13%), Vitamin E: 0.27mg (1.78%), Vitamin K: 1.59µg (1.52%)