



Turkey and Wild Rice Casserole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup celery thinly sliced
- ☐ 6 oz rice long-grain wild cooked
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 6 oz mushrooms drained sliced
- ☐ 1 cup bell pepper red chopped
- ☐ 2 cups turkey diced cooked

Equipment

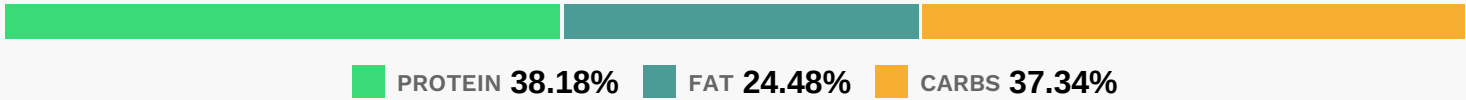
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine all ingredients in a large bowl.
- ☐ Spread in a lightly greased 11"x7" baking pan. Cover and bake at 350 for 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.89, Inflammation Score:-8, Nutrition Score:16.70217402085%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 182.08kcal (9.1%), Fat: 5.08g (7.81%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 14.89g (5.41%), Sugar: 3.09g (3.43%), Cholesterol: 39.59mg (13.2%), Sodium: 620.94mg (27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.81g (35.63%), Vitamin C: 49.36mg (59.83%), Vitamin B3: 7.01mg (35.03%), Vitamin B6: 0.56mg (27.84%), Vitamin A: 1308.78IU (26.18%), Vitamin B2: 0.39mg (23.04%), Manganese: 0.44mg (22.11%), Selenium: 15.02µg (21.46%), Phosphorus: 200.23mg (20.02%), Copper: 0.39mg (19.62%), Zinc: 2.64mg (17.6%), Potassium: 529.75mg (15.14%), Vitamin B5: 1.43mg (14.3%), Folate: 53.32µg (13.33%), Vitamin B12: 0.75µg (12.42%), Magnesium: 42.44mg (10.61%), Fiber: 2.53g (10.12%), Iron: 1.64mg (9.11%), Vitamin K: 9.44µg (8.99%), Vitamin B1: 0.12mg (8.07%), Vitamin E: 0.81mg (5.39%), Calcium: 23.77mg (2.38%), Vitamin D: 0.23µg (1.56%)