



Turkey Breast with Stuffing and Gravy

READY IN



110 min.

SERVINGS



12

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup knudsen cream sour
- 1 Tbsp oil
- 12 oz stove top stuffing mix for chicken
- 5 lb turkey breast frozen thawed
- 24 oz heinz homestyle roasted turkey gravy

Equipment

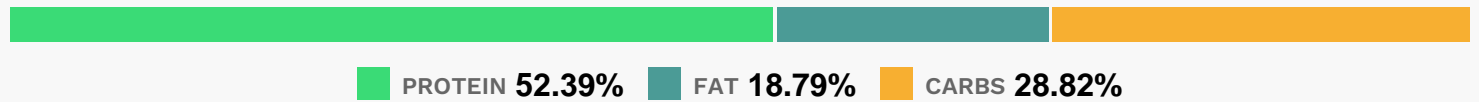
- frying pan
- sauce pan

oven

Directions

- Heat oven to 425F.
- Prepare stuffing as directed on package; mound in center of 13x9-inch pan sprayed with cooking spray.
- Place turkey, breast side up, on top of stuffing, covering stuffing completely.
- Brush turkey with oil.
- Bake 30 min. Reduce oven temperature to 325F.
- Bake turkey an additional 45 min. to 1 hour or until turkey is done (165F).
- Let stand 10 min. before carving. Meanwhile, heat gravy in small saucepan; stir in sour cream.
- Serve turkey and stuffing topped with gravy.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:21.272173883636%

Nutrients (% of daily need)

Calories: 343.93kcal (17.2%), Fat: 7.16g (11.01%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 23.8g (8.65%), Sugar: 3.56g (3.96%), Cholesterol: 105.17mg (35.06%), Sodium: 1048.81mg (45.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.9g (89.81%), Vitamin B3: 20.4mg (101.98%), Selenium: 56.69µg (80.98%), Vitamin B6: 1.51mg (75.49%), Phosphorus: 489.65mg (48.96%), Vitamin B2: 0.4mg (23.33%), Vitamin B12: 1.21µg (20.11%), Zinc: 2.74mg (18.24%), Vitamin B5: 1.59mg (15.94%), Vitamin B1: 0.23mg (15.49%), Folate: 61.14µg (15.29%), Potassium: 533.1mg (15.23%), Magnesium: 59.07mg (14.77%), Iron: 2.1mg (11.69%), Manganese: 0.18mg (9.11%), Copper: 0.17mg (8.33%), Calcium: 58.8mg (5.88%), Fiber: 0.91g (3.63%), Vitamin E: 0.44mg (2.96%), Vitamin A: 68.22IU (1.36%), Vitamin D: 0.19µg (1.26%), Vitamin K: 1.22µg (1.16%)