



## Turkey Broccoli Bake

READY IN



50 min.

SERVINGS



8

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup baking mix
- 0.8 cup baking mix
- 3 cups broccoli frozen thawed chopped
- 3 eggs beaten
- 1.3 cups milk
- 0.7 cup onion chopped
- 0.3 teaspoon pepper
- 0.8 teaspoon salt
- 10 ounces cheddar cheese shredded divided

1.5 cups turkey cubed cooked

## Equipment

bowl

oven

knife

## Directions

In a bowl, combine the broccoli, 2 cups of cheese, turkey and onion. Spoon into a greased 9-in. deep-dish pie plate.

In a bowl, combine the biscuit mix, salt, pepper, eggs and milk.

Pour over broccoli mixture; sprinkle with remaining cheese.

Bake at 400° for 30–35 minutes or until a knife inserted near the center comes out clean.

Let stand for 5 minutes before cutting.

## Nutrition Facts

 **PROTEIN 22.33%** **FAT 52.91%** **CARBS 24.76%**

## Properties

Glycemic Index:19.5, Glycemic Load:1.66, Inflammation Score:-6, Nutrition Score:16.768695623978%

## Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

## Nutrients (% of daily need)

Calories: 331.87kcal (16.59%), Fat: 19.57g (30.11%), Saturated Fat: 9.29g (58.03%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 19.03g (6.92%), Sugar: 5.89g (6.55%), Cholesterol: 115.57mg (38.52%), Sodium: 808.06mg (35.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.59g (37.17%), Phosphorus: 427.52mg (42.75%), Calcium: 371.11mg (37.11%), Vitamin C: 30.49mg (36.96%), Vitamin K: 36.3µg (34.57%), Selenium: 22.42µg (32.03%), Vitamin B2: 0.46mg (27.23%), Vitamin B12: 1.06µg (17.62%), Folate: 67.96µg (16.99%), Zinc: 2.31mg (15.37%), Vitamin A: 727.59IU (14.55%), Vitamin B6: 0.28mg (14%), Vitamin B1: 0.21mg (13.84%), Vitamin B3: 2.74mg (13.72%), Vitamin

B5: 1.11mg (11.07%), Manganese: 0.18mg (9.18%), Potassium: 314.1mg (8.97%), Magnesium: 35.09mg (8.77%), Iron: 1.41mg (7.81%), Vitamin D: 1.05µg (6.97%), Fiber: 1.57g (6.29%), Vitamin E: 0.77mg (5.11%), Copper: 0.1mg (4.77%)