



Turkey Broccoli Divan

READY IN



30 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups broccoli florets cooked
- ☐ 1 tablespoon butter melted
- ☐ 10.8 ounces cream of chicken soup fat free 98% canned (Regular or)
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 0.3 cup milk
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1.5 cups turkey cubed cooked

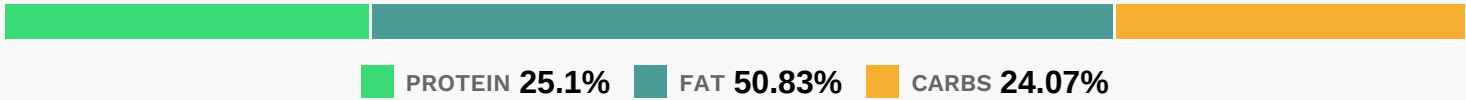
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Place the broccoli and turkey into a 9-inch pie plate.
- ☐ Stir the soup and milk in a small bowl.
- ☐ Pour the soup mixture over the turkey and broccoli. Top with the cheese.
- ☐ Stir the bread crumbs and butter in a small bowl.
- ☐ Sprinkle over the cheese.
- ☐ Bake at 450°F. for 20 minutes or until the mixture is hot and bubbling.
- ☐ Serve with a cucumber and tomato salad topped with red wine vinaigrette. For dessert serve a fresh citrus fruit cup (orange, grapefruit and tangerine sections) drizzled with honey and a sprig of fresh mint.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:3.98, Inflammation Score:-8, Nutrition Score:21.066522090331%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 266.74kcal (13.34%), Fat: 15.39g (23.68%), Saturated Fat: 6.89g (43.07%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 13.8g (5.02%), Sugar: 3.32g (3.69%), Cholesterol: 57.02mg (19.01%), Sodium: 765.84mg (33.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.2%), Vitamin C: 81.25mg (98.48%), Vitamin K: 96.92µg (92.3%), Selenium: 17.34µg (24.77%), Phosphorus: 246.21mg (24.62%), Vitamin B6: 0.41mg (20.54%), Vitamin B3: 4.09mg (20.43%), Vitamin A: 988.41IU (19.77%), Calcium: 192.4mg (19.24%), Vitamin B2: 0.32mg (18.95%), Folate: 69.88µg (17.47%), Manganese: 0.3mg (14.78%), Potassium: 460.4mg (13.15%), Zinc: 1.93mg (12.9%), Vitamin B12: 0.74µg (12.3%), Iron: 2.06mg (11.43%), Vitamin B5: 1.14mg (11.36%), Vitamin B1: 0.16mg (10.43%), Fiber: 2.59g (10.36%), Magnesium: 39.95mg (9.99%), Copper: 0.19mg (9.42%), Vitamin E: 1.36mg (9.04%), Vitamin D: 0.42µg (2.8%)