



Turkey Casserole

READY IN



70 min.

SERVINGS



6

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup bread crumbs soft
- 5 tablespoons butter
- 6 ounce mushrooms canned
- 1 cup celery diced
- 10.8 ounce cream of mushroom soup canned
- 6 tablespoons flour all-purpose
- 0.5 bell pepper green chopped
- 10.8 ounce milk canned
- 1 onion chopped

- 4 ounce pimento peppers chopped
- 6 servings salt to taste
- 1 cup cheddar cheese shredded
- 0.5 cup slivered almonds
- 3 cups turkey diced cooked

Equipment

- frying pan
- oven
- whisk
- pot
- casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Bring a large pot of lightly salted water to a boil; cook celery at a boil until tender, 5 to 10 minutes; drain.
- Heat butter in a skillet over medium heat; cook and stir onion and bell pepper in the melted butter until softened, 5 to 10 minutes.
- Whisk flour into onion mixture until the butter and flour form a paste.
- Add mushroom soup, milk, and mushrooms; cook, stirring occasionally, until mixture is smooth, 5 to 10 minutes.
- Mix turkey, celery, pimento peppers, almonds, and salt into mushroom soup mixture; cook and stir until heated through, about 5 minutes.
- Pour mixture into a 2-quart casserole dish; top with bread crumbs and Cheddar cheese.
- Bake in the preheated oven until casserole is bubbling and cheese is melted, 30 to 40 minutes.

Nutrition Facts



■ PROTEIN 21.59% ■ FAT 51.86% ■ CARBS 26.55%

Properties

Glycemic Index:52.33, Glycemic Load:6.07, Inflammation Score:-8, Nutrition Score:21.956956842671%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 466.59kcal (23.33%), Fat: 27.25g (41.92%), Saturated Fat: 12.5g (78.16%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 27.29g (9.93%), Sugar: 6.6g (7.34%), Cholesterol: 88.34mg (29.45%), Sodium: 1097.26mg (47.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.52g (51.04%), Selenium: 25.8µg (36.86%), Phosphorus: 361.15mg (36.11%), Vitamin C: 29.51mg (35.77%), Vitamin B3: 7mg (34.99%), Manganese: 0.68mg (33.99%), Vitamin B2: 0.53mg (31.11%), Calcium: 280.7mg (28.07%), Vitamin B6: 0.52mg (26.17%), Vitamin B1: 0.37mg (24.37%), Vitamin A: 1204.89IU (24.1%), Zinc: 3.26mg (21.74%), Vitamin B12: 1.24µg (20.74%), Vitamin E: 3.05mg (20.35%), Copper: 0.39mg (19.68%), Magnesium: 71.34mg (17.84%), Iron: 3.09mg (17.15%), Fiber: 4.1g (16.42%), Folate: 63.54µg (15.89%), Potassium: 539.07mg (15.4%), Vitamin B5: 1.26mg (12.6%), Vitamin K: 10.3µg (9.81%), Vitamin D: 0.88µg (5.85%)