



## Turkey Divan

READY IN



30 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 oz broccoli florets frozen
- 1.5 cups turkey cubed
- 0.3 teaspoon pepper black
- 18.5 oz cream of chicken soup wild traditional canned
- 0.5 cup cream sour
- 2 oz cheddar cheese shredded
- 0.3 cup panko bread crumbs crispy italian

## Equipment

frying pan

oven

## Directions

Heat oven to 375°F. Cook broccoli as directed on bag 4 minutes.

Place broccoli and turkey in ungreased 9-inch square pan.

Sprinkle with pepper.

Combine soup and sour cream.

Pour soup mixture over broccoli and turkey.

Sprinkle with cheese and bread crumbs.

Bake about 25 minutes or until hot and bubbly.

## Nutrition Facts

**PROTEIN 21.58%** **FAT 55.19%** **CARBS 23.23%**

## Properties

Glycemic Index:33.5, Glycemic Load:5.25, Inflammation Score:-8, Nutrition Score:21.315652121668%

## Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

## Nutrients (% of daily need)

Calories: 329.36kcal (16.47%), Fat: 20.58g (31.66%), Saturated Fat: 8.54g (53.37%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 17.08g (6.21%), Sugar: 3.44g (3.82%), Cholesterol: 68.46mg (22.82%), Sodium: 1119.34mg (48.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.21%), Vitamin C: 76.25mg (92.43%), Vitamin K: 93.35µg (88.9%), Selenium: 18.58µg (26.55%), Phosphorus: 258.15mg (25.81%), Vitamin A: 1111.19IU (22.22%), Vitamin B3: 4.19mg (20.93%), Vitamin B2: 0.35mg (20.88%), Vitamin B6: 0.4mg (19.93%), Calcium: 199.1mg (19.91%), Folate: 67.55µg (16.89%), Manganese: 0.33mg (16.36%), Iron: 2.57mg (14.26%), Zinc: 2.06mg (13.76%), Potassium: 472.36mg (13.5%), Copper: 0.26mg (12.96%), Vitamin B5: 1.22mg (12.19%), Vitamin B12: 0.68µg (11.31%), Vitamin E: 1.62mg (10.83%), Magnesium: 40.95mg (10.24%), Fiber: 2.41g (9.65%), Vitamin B1: 0.14mg (9.44%), Vitamin D: 0.2µg (1.31%)