



Turkey Divan

READY IN



30 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

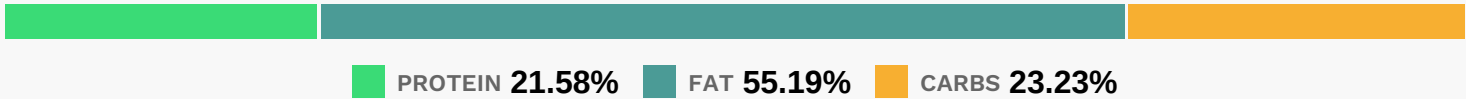
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375F. 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



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: Og (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%)