



Turkey-Parmesan Casserole

READY IN



50 min.

SERVINGS



50

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 tsp pepper black
- 3 cups broccoli florets frozen thawed
- 10 oz cream of mushroom soup canned
- 0.8 cup knudsen cream sour
- 0.3 cup milk
- 0.3 cup parmesan cheese grated kraft
- 0.5 lb pasta like spaghetti uncooked
- 2 cups turkey cooked chopped

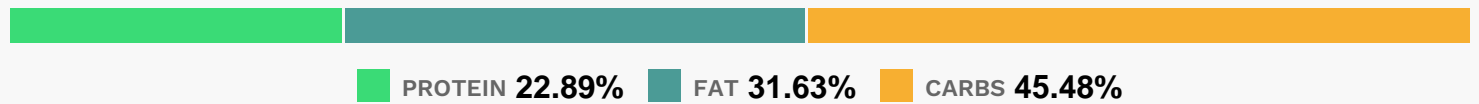
Equipment

- bowl
- oven

Directions

- Heat oven to 350F.
- Cook spaghetti as directed on package; drain.
- Mix next 5 ingredients in large bowl until well blended.
- Add spaghetti, broccoli and turkey; mix lightly. Spoon into 2-qt. casserole.
- Bake 25 to 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:1.46, Inflammation Score:-1, Nutrition Score:2.0321739173454%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 38.14kcal (1.91%), Fat: 1.34g (2.07%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 4.05g (1.47%), Sugar: 0.39g (0.44%), Cholesterol: 5.91mg (1.97%), Sodium: 59.93mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Selenium: 4.23µg (6.05%), Vitamin C: 4.9mg (5.94%), Vitamin K: 5.66µg (5.39%), Manganese: 0.07mg (3.64%), Phosphorus: 29.19mg (2.92%), Vitamin B3: 0.47mg (2.36%), Vitamin B6: 0.04mg (2.24%), Zinc: 0.26mg (1.77%), Vitamin B2: 0.03mg (1.74%), Copper: 0.03mg (1.56%), Calcium: 15.11mg (1.51%), Potassium: 50.92mg (1.45%), Magnesium: 5.68mg (1.42%), Vitamin B12: 0.08µg (1.34%), Vitamin A: 65.53IU (1.31%), Folate: 5.18µg (1.3%), Fiber: 0.3g (1.2%), Vitamin B5: 0.11mg (1.12%)