



Turkey Parmesan Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.7 oz potatoes
- 2.3 cups water hot
- 0.7 cup milk
- 3 cups turkey leftover cooked butterball®
- 14.5 oz green beans drained canned
- 0.5 cup parmesan cheese grated

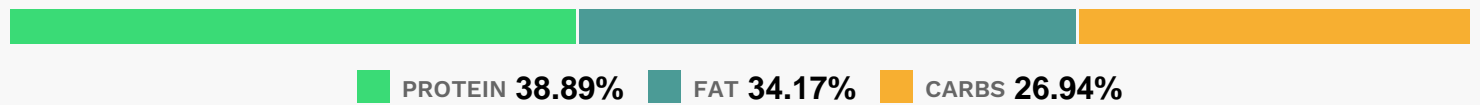
Equipment

- frying pan

Directions

- In 10-inch skillet, heat potatoes and sauce mix (from potatoes box) and all remaining ingredients except cheese to boiling, stirring occasionally.
- Reduce heat; cover and simmer about 20 minutes, stirring occasionally, until potatoes are tender.
- Stir in cheese.
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:33.55, Glycemic Load:5.6, Inflammation Score:-6, Nutrition Score:14.710000079611%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 191.72kcal (9.59%), Fat: 7.41g (11.4%), Saturated Fat: 3.07g (19.22%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 10.34g (3.76%), Sugar: 4.5g (5%), Cholesterol: 55.54mg (18.51%), Sodium: 266.01mg (11.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.98g (37.95%), Vitamin K: 36.13µg (34.41%), Vitamin B6: 0.58mg (28.99%), Vitamin B3: 5.48mg (27.39%), Phosphorus: 251.83mg (25.18%), Selenium: 17.39µg (24.85%), Vitamin C: 15.28mg (18.52%), Vitamin B12: 1.04µg (17.3%), Calcium: 171.79mg (17.18%), Vitamin B2: 0.28mg (16.69%), Vitamin A: 740.41IU (14.81%), Potassium: 486.45mg (13.9%), Zinc: 1.91mg (12.75%), Magnesium: 50.06mg (12.52%), Manganese: 0.24mg (11.77%), Fiber: 2.81g (11.22%), Vitamin B1: 0.14mg (9.22%), Folate: 36.17µg (9.04%), Vitamin B5: 0.9mg (9.01%), Iron: 1.61mg (8.96%), Copper: 0.15mg (7.64%), Vitamin D: 0.59µg (3.91%), Vitamin E: 0.46mg (3.07%)