



 **63%**  
HEALTH SCORE

## Turkey Pumpkin Casserole

 **Gluten Free**  **Very Healthy**

READY IN



**80 min.**

SERVINGS



**1**

CALORIES



**1260 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.5 cup celery chopped
- 0.3 teaspoon seasoning dried italian
- 1 teaspoon seasoning dried italian
- 0.7 cup milk
- 12 oz savory vegetable mixed
- 0.5 cup onion chopped
- 0.5 teaspoon pepper

- 3 cups turkey cooked chopped
- 24 oz campbell's turkey gravy
- 1 tablespoon vegetable oil
- 2.3 cups frangelico
- 2.3 cups frangelico

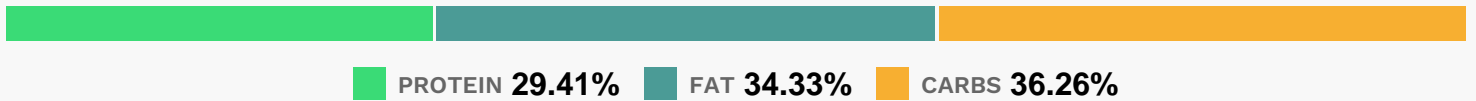
## Equipment

- bowl
- oven
- baking pan

## Directions

- Heat oven to 350 F. In 12-inch skillet, heat oil over medium high heat; cook and stir onion and celery about 2 minutes. Stir in remaining filling ingredients. Spoon mixture into 9x12 inch baking dish.
- In medium bowl, mix together Bisquick, milk, pumpkin and herbs; stir until well blended. Drop dough by tablespoonfuls over turkey mixture in dish.
- Bake uncovered 45 to 55 minutes or until biscuit topping is golden brown.
- Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:184, Glycemic Load:19.4, Inflammation Score:-10, Nutrition Score:59.809564797775%

## Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.44mg, Quercetin: 16.44mg, Quercetin: 16.44mg, Quercetin: 16.44mg

## Nutrients (% of daily need)

Calories: 1260.18kcal (63.01%), Fat: 49.28g (75.82%), Saturated Fat: 15.7g (98.15%), Carbohydrates: 117.1g (39.03%), Net Carbohydrates: 94.4g (34.33%), Sugar: 23.68g (26.31%), Cholesterol: 234.22mg (78.07%), Sodium: 3856.69mg (167.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 94.99g (189.97%), Vitamin A: 23583.07IU (471.66%), Vitamin B3: 27.82mg (139.1%), Vitamin B6: 2.48mg (124.09%), Selenium: 69.47µg (99.25%), Phosphorus: 981.69mg (98.17%), Fiber: 22.69g (90.78%), Manganese: 1.55mg (77.53%), Vitamin B12: 4.52µg (75.27%), Vitamin B2: 1.21mg (71.2%), Potassium: 2019.22mg (57.69%), Vitamin K: 57.79µg (55.04%), Vitamin C: 45.29mg (54.89%), Zinc: 7.97mg (53.13%), Magnesium: 208.53mg (52.13%), Vitamin B1: 0.71mg (47.53%), Vitamin B5: 4.61mg (46.07%), Folate: 182.63µg (45.66%), Iron: 7.8mg (43.34%), Calcium: 425.86mg (42.59%), Copper: 0.67mg (33.58%), Vitamin D: 2.68µg (17.89%), Vitamin E: 2.08mg (13.88%)