



Turkey Pumpkin Casserole

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

READY IN



80 min.

SERVINGS



1

CALORIES



1330 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 0.5 cup celery chopped
- 3 cups turkey cooked chopped
- 24 oz campbell's turkey gravy
- 12 oz savory vegetable mixed
- 0.3 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 teaspoon seasoning dried italian

- 0.5 teaspoon pepper
- 0.7 cup milk
- 0.3 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 0.3 teaspoon seasoning dried italian
- 2.3 cups frangelico

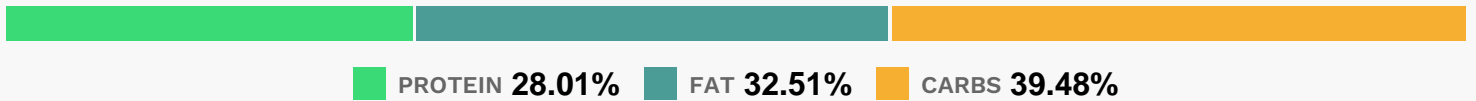
Equipment

- 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:62.526521558347%

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: 1330.38kcal (66.52%), Fat: 49.37g (75.96%), Saturated Fat: 15.75g (98.42%), Carbohydrates: 134.91g (44.97%), Net Carbohydrates: 106.61g (38.77%), Sugar: 23.68g (26.31%), Cholesterol: 234.22mg (78.07%), Sodium: 3997.09mg (173.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 95.72g (191.44%), Vitamin A: 29184.22IU (583.68%), Vitamin B3: 28.07mg (140.36%), Vitamin B6: 2.59mg (129.45%), Fiber: 28.3g (113.19%), Phosphorus: 1012.06mg (101.21%), Selenium: 70.22µg (100.31%), Manganese: 1.82mg (91.06%), Vitamin B2: 1.29mg (75.88%), Vitamin B12: 4.52µg (75.27%), Potassium: 2112.37mg (60.35%), Vitamin C: 47.65mg (57.76%), Vitamin K: 57.79µg (55.04%), Magnesium: 219.33mg (54.83%), Zinc: 8.15mg (54.34%), Vitamin B5: 5.37mg (53.74%), Folate: 206.26µg (51.56%), Vitamin B1: 0.72mg (48.25%), Iron: 8.52mg (47.31%), Calcium: 450.84mg (45.08%), Copper: 0.72mg (35.87%), Vitamin D: 2.68µg (17.89%), Vitamin E: 2.08mg (13.88%)