



Turkey Sweet Potato Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 0.3 cup chicken stock see swanson®
- ☐ 10.8 ounces cream of chicken soup fat free 98% canned (Regular or)
- ☐ 0.3 cup evaporated milk
- ☐ 6 servings parsley fresh chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 cup onion minced

- ☐ 2 cups sweet potatoes and into cooked mashed
- ☐ 3 cups turkey cubed cooked
- ☐ 0.3 cup walnut pieces chopped
- ☐ 3 tablespoons water

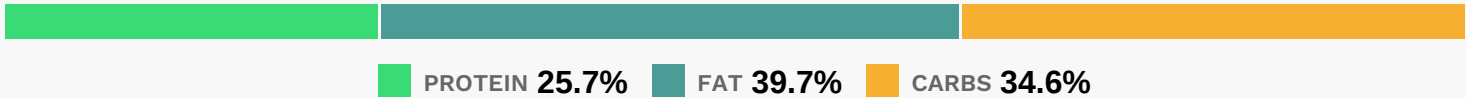
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Stir the sweet potatoes, brown sugar, cinnamon, nutmeg and milk in a medium bowl. Spoon the sweet potato mixture around the inside edge of a 10-inch round casserole, forming a ring.
- ☐ Heat the stock and onion in a 10-inch skillet over medium-high heat to a boil. Reduce the heat to low. Cook until the onion is tender, stirring occasionally. Stir in the soup, turkey and water. Cook until the mixture is hot and bubbling. Spoon the turkey mixture into the center of the sweet potato ring.
- ☐ Bake at 350°F. for 30 minutes or until the turkey mixture is hot and bubbling.
- ☐ Sprinkle with the walnuts and parsley, if desired.
- ☐ You can substitute chicken for the turkey.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:6.22, Inflammation Score:-10, Nutrition Score:17.131738875223%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg

0.61mg, Myricetin: 0.61mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 228.24kcal (11.41%), Fat: 10.17g (15.64%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 17.94g (6.52%), Sugar: 8.06g (8.96%), Cholesterol: 44.21mg (14.74%), Sodium: 469.88mg (20.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.62%), Vitamin A: 6782.21IU (135.64%), Vitamin K: 68.79µg (65.52%), Vitamin B3: 4.55mg (22.73%), Vitamin B6: 0.44mg (22.16%), Manganese: 0.37mg (18.5%), Selenium: 12.69µg (18.13%), Phosphorus: 180.13mg (18.01%), Copper: 0.27mg (13.4%), Vitamin B2: 0.21mg (12.25%), Potassium: 398.12mg (11.37%), Vitamin B12: 0.63µg (10.48%), Magnesium: 40.28mg (10.07%), Vitamin B5: 1mg (10.02%), Zinc: 1.5mg (9.98%), Iron: 1.73mg (9.62%), Vitamin C: 7.29mg (8.83%), Fiber: 2g (8%), Calcium: 79.84mg (7.98%), Vitamin B1: 0.1mg (6.56%), Folate: 23.2µg (5.8%), Vitamin E: 0.53mg (3.53%), Vitamin D: 0.16µg (1.09%)