



Turkey-Wild Rice Casserole

 **Gluten Free**  **Dairy Free**

READY IN



325 min.

SERVINGS



5

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 slices bacon cut into 1/2-inch pieces
- 1 lb turkey breast tenderloins cut into 1/2- to 1-inch pieces
- 1 cup carrots coarsely chopped
- 0.5 cup onion coarsely chopped
- 0.5 cup celery sliced
- 1 cup rice wild uncooked
- 10.8 oz cream of chicken soup canned
- 2.5 cups water

- 2 tablespoons soy sauce reduced-sodium
- 0.3 teaspoon marjoram dried
- 0.1 teaspoon pepper

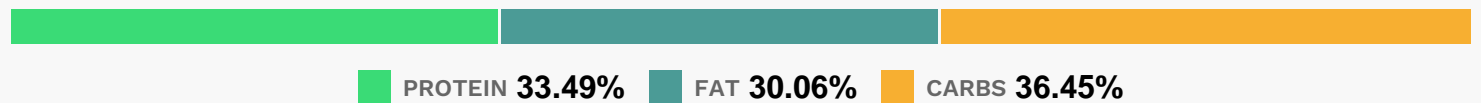
Equipment

- frying pan
- slow cooker

Directions

- In 12-inch skillet, cook bacon over medium heat, stirring occasionally, until almost crisp. Stir in turkey, carrots, onion and celery. Cook about 2 minutes, stirring frequently, until turkey is brown.
- Spoon turkey mixture into 3- to 4-quart slow cooker. Stir in remaining ingredients.
- Cover; cook on Low heat setting 5 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:47.37, Glycemic Load:15.38, Inflammation Score:-10, Nutrition Score:13.839999954338%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 361.78kcal (18.09%), Fat: 12.17g (18.72%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 30g (10.91%), Sugar: 3.19g (3.54%), Cholesterol: 56.99mg (19%), Sodium: 870.09mg (37.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.51g (61.02%), Vitamin A: 4446.61IU (88.93%), Manganese: 0.57mg (28.5%), Phosphorus: 209.54mg (20.95%), Magnesium: 72.67mg (18.17%), Vitamin B3: 3.48mg (17.39%), Zinc: 2.46mg (16.38%), Copper: 0.3mg (14.86%), Fiber: 3.19g (12.78%), Vitamin B6: 0.24mg (12.22%), Folate: 46µg (11.5%), Potassium: 356.16mg (10.18%), Vitamin B2: 0.17mg (9.8%), Vitamin K: 9.62µg (9.16%), Iron: 1.57mg (8.73%),

Selenium: 5.77µg (8.25%), Vitamin B1: 0.12mg (8.15%), Vitamin B5: 0.69mg (6.94%), Vitamin E: 0.89mg (5.96%),
Calcium: 38.09mg (3.81%), Vitamin C: 3.07mg (3.72%), Vitamin B12: 0.09µg (1.47%)