



## Wild Rice and Turkey Casserole

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



355 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 cups bread crumbs soft
- 5 ounce water chestnuts drained sliced canned
- 1 cup celery chopped
- 10.8 ounce cream of chicken soup canned
- 0.3 cup onion chopped
- 6 ounce rice mix long grain wild (such as Uncle Ben's®)
- 3 tablespoons soya sauce
- 3 cups turkey cubed cooked

1 cup water

## Equipment

bowl

sauce pan

oven

baking pan

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring 2 1/4 cups water, rice mix plus seasoning pack, and 1 tablespoon butter to a boil in a covered saucepan. Reduce heat to medium-low and simmer until rice is tender and water is absorbed, about 25 minutes.

Stir turkey, cream of chicken soup, celery, 1 cup water, water chestnuts, onion, and soy sauce into wild rice until well mixed.

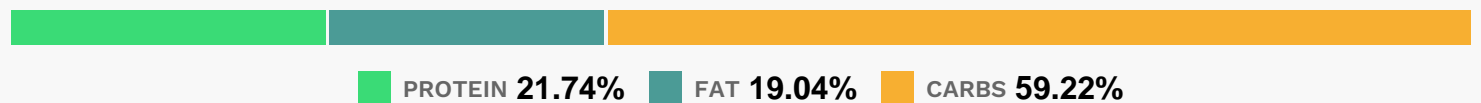
Transfer turkey mixture to a 3-quart baking dish.

Pour 2 tablespoons melted butter over crumbs in a bowl, stirring to coat crumbs with butter.

Sprinkle buttered bread crumbs over turkey mixture.

Bake in the preheated oven until bubbly and golden brown, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:29.7, Glycemic Load:15.48, Inflammation Score:-4, Nutrition Score:14.047391399093%

## Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Nutrients (% of daily need)

Calories: 354.77kcal (17.74%), Fat: 7.42g (11.41%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 51.9g (17.3%), Net Carbohydrates: 48.94g (17.8%), Sugar: 3.58g (3.98%), Cholesterol: 39.85mg (13.28%), Sodium: 1132.57mg (49.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.05g (38.1%), Manganese: 0.71mg (35.3%), Vitamin B3: 6.79mg (33.93%), Selenium: 23.07µg (32.95%), Vitamin B6: 0.47mg (23.7%), Vitamin B1: 0.33mg (21.82%), Phosphorus: 208.61mg (20.86%), Iron: 3.08mg (17.11%), Vitamin B2: 0.27mg (16%), Copper: 0.3mg (14.92%), Zinc: 1.95mg (12.98%), Fiber: 2.96g (11.84%), Folate: 46.73µg (11.68%), Vitamin B12: 0.7µg (11.68%), Vitamin B5: 1.07mg (10.73%), Magnesium: 41.56mg (10.39%), Potassium: 337.79mg (9.65%), Vitamin K: 8.92µg (8.5%), Calcium: 82.59mg (8.26%), Vitamin E: 0.6mg (4.02%), Vitamin A: 195.99IU (3.92%), Vitamin C: 1.54mg (1.86%)