



## Wild Rice and Turkey Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups turkey cooked
- 2.3 cups water boiling
- 0.3 cup milk
- 0.3 cup onion chopped
- 10.8 ounces cream of mushroom soup canned
- 6 ounces seasoned rice vinegar long grain wild

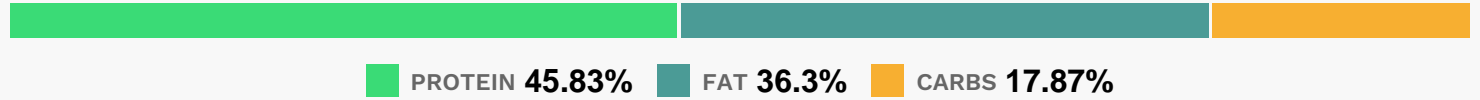
### Equipment

- oven

## Directions

- Heat oven to 350°F.
- Mix all ingredients, including seasoning packet from rice mix, in ungreased 2-quart casserole.
- Cover and bake 45 to 50 minutes or until rice is tender. Uncover and bake 10 to 15 minutes longer or until liquid is absorbed.

## Nutrition Facts



## Properties

Glycemic Index:19.17, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:5.0000000205701%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 93.6kcal (4.68%), Fat: 3.53g (5.43%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.69g (1.34%), Sugar: 0.97g (1.07%), Cholesterol: 28.02mg (9.34%), Sodium: 407.65mg (17.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.05%), Vitamin B3: 3.01mg (15.04%), Vitamin B6: 0.24mg (11.75%), Selenium: 7.49µg (10.7%), Vitamin B12: 0.56µg (9.31%), Phosphorus: 92.12mg (9.21%), Manganese: 0.18mg (9.05%), Zinc: 1.23mg (8.18%), Copper: 0.15mg (7.29%), Vitamin B2: 0.11mg (6.6%), Potassium: 168.85mg (4.82%), Vitamin B5: 0.42mg (4.24%), Magnesium: 15.3mg (3.83%), Iron: 0.66mg (3.68%), Calcium: 28.25mg (2.82%), Vitamin B1: 0.04mg (2.45%), Folate: 7.14µg (1.79%), Vitamin D: 0.25µg (1.66%)