

Wild Rice Turkey Dish

 **Gluten Free**

READY IN



55 min.

SERVINGS



10

CALORIES



292 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 3 rib celery stalks sliced
- 10 ounces cream of mushroom soup undiluted canned
- 6 cups rice wild cooked
- 1.3 cups mushrooms fresh sliced
- 1 medium onion chopped
- 0.3 teaspoon pepper
- 1 teaspoon salt

- 8 ounces cream sour
- 3 cups turkey cubed cooked

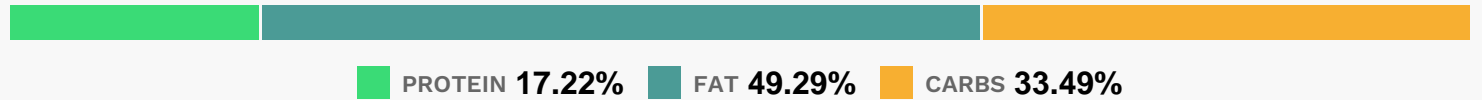
Equipment

- bowl
- oven
- baking pan

Directions

- In a large bowl, combine all of the ingredients.
- Pour into a greased 13-in. x 9-in. baking dish. Cover and bake at 350° for 45 minutes. Uncover and bake 15 minutes longer or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:17.3, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:9.5426087016645%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 292.39kcal (14.62%), Fat: 16.36g (25.17%), Saturated Fat: 8.96g (56%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 22.85g (8.31%), Sugar: 2.24g (2.49%), Cholesterol: 60.67mg (20.22%), Sodium: 551.24mg (23.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.71%), Vitamin B3: 4.3mg (21.5%), Manganese: 0.4mg (19.81%), Vitamin B6: 0.36mg (17.97%), Phosphorus: 177.79mg (17.78%), Zinc: 2.33mg (15.55%), Vitamin B2: 0.25mg (14.97%), Selenium: 9.34µg (13.34%), Copper: 0.25mg (12.44%), Magnesium: 45.8mg (11.45%), Vitamin A: 446.42IU (8.93%), Folate: 35.74µg (8.93%), Fiber: 2.16g (8.64%), Potassium: 291.23mg (8.32%), Vitamin B12: 0.48µg (8.02%), Vitamin B5: 0.74mg (7.43%), Iron: 1.16mg (6.43%), Vitamin B1: 0.09mg (6.12%), Vitamin E: 0.62mg (4.12%), Calcium: 36.4mg (3.64%), Vitamin K: 1.84µg (1.75%), Vitamin C: 1.3mg (1.57%)