

French Onion Turkey Casserole

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Servings: 8

vegetable cooking spray
6 eggs
1 can (10-1/2 ounces) condensed
French Onion soup
2 cups milk
1 cup (4 ounces) Swiss cheese,
shredded
2 tablespoons fresh thyme (chopped)
or 2 teaspoons dried thyme leaves
(crushed)
9 slices hearty white bread, cut into
cubes
2 cups cooked turkey, shredded or
cubed

Preparation Time: 20 minutes

Bake: 45 minutes

Preheat the oven to 350 degrees.

Spray a two-quart shallow baking dish with cooking spray.

In a large bowl, beat the eggs, soup, milk, 1/2 cup of cheese and one tablespoon of thyme with a fork or whisk. Add the bread cubes and turkey. Stir and press the bread cubes into the milk mixture to coat.

Pour the bread mixture into the baking dish. Sprinkle with the remaining cheese and thyme. Let stand for 15 minutes.

Bake for 45 minutes or until a knife inserted in the center comes out clean.

Start to Finish Time: 1 hour 20 minutes

Per Serving (excluding unknown items): 206 Calories; 11g Fat (51.0% calories from fat); 21g Protein; 4g Carbohydrate; 0g Dietary Fiber; 207mg Cholesterol; 144mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	206	Vitamin B6 (mg):	.2mg
% Calories from Fat:	51.0%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	7.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	41.8%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	11g	Folacin (mcg):	24mcg

Saturated Fat (g): 6g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 207mg
Carbohydrate (g): 4g
Dietary Fiber (g): 0g
Protein (g): 21g
Sodium (mg): 144mg
Potassium (mg): 263mg
Calcium (mg): 237mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 380IU
Vitamin A (r.e.): 111 1/2RE

Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 206 **Calories from Fat:** 105

% Daily Values*

Total Fat	11g	18%
Saturated Fat	6g	28%
Cholesterol	207mg	69%
Sodium	144mg	6%
Total Carbohydrates	4g	1%
Dietary Fiber	0g	0%
Protein	21g	
Vitamin A		8%
Vitamin C		1%
Calcium		24%
Iron		8%

* Percent Daily Values are based on a 2000 calorie diet.