

Turkey-Olive Casserole

Linda Lefler - Roxboro, NC
Southern Living - 1987 Annual Recipes

Servings: 4

4 ounces uncooked egg noodles
1 can (10-1/4 ounce) cream of mushroom soup, undiluted
1 cup milk
2 cups cooked turkey, chopped
1/2 cup pimiento-stuffed olives, chopped
1 can (2.8 ounce) French-fried onion rings

Preheat the oven to 350 degrees.

Cook the noodles according to package directions, omitting the salt. Drain the noodles. Set aside.

In a large bowl, combine the soup and milk.

Add the turkey, olives, noodles and one-half of the onion rings. Toss gently. Spoon the mixture into a greased 10x6x2-inch baking dish. Cover.

Bake for 20 minutes.

Uncover and sprinkle with the remaining onions.

Bake, uncovered, for an additional 10 minutes.

Per Serving (excluding unknown items): 189 Calories; 8g Fat (38.2% calories from fat); 23g Protein; 5g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 337mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Non-Fat Milk; 1 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	189	Vitamin B6 (mg):	.3mg
% Calories from Fat:	38.2%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	11.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	50.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	8g	Folacin (mcg):	9mcg
Saturated Fat (g):	3g	Niacin (mg):	4mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	62mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	23g
Sodium (mg):	337mg
Potassium (mg):	326mg
Calcium (mg):	102mg
Iron (mg):	1mg
Zinc (mg):	3mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	77IU
Vitamin A (r.e.):	23RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	189	Calories from Fat: 72
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% Daily Values*

Total Fat	8g	12%
Saturated Fat	3g	15%
Cholesterol	62mg	21%
Sodium	337mg	14%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	0%
Protein	23g	
Vitamin A		2%
Vitamin C		1%
Calcium		10%
Iron		8%

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