

Asian Turkey Barbecue on Sesame Scallion Toasts

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barbecue sauce
- 4 muffins split english
- 1 tablespoon ginger fresh minced
- 0.5 cup spring onion diced divided
- 0.3 cup hoisin sauce
- 4 servings salt and pepper to taste
- 2 tablespoons sesame oil divided

3 cups turkey meat cooked chopped

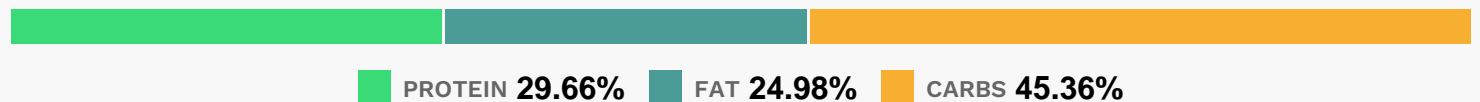
Equipment

- bowl
- baking sheet
- sauce pan
- whisk
- broiler

Directions

- Preheat the broiler.
- In a large saucepan over medium heat, whisk together hoisin sauce, barbeque sauce, ginger and 1 tablespoon sesame oil.
- Mix in turkey, salt, pepper and green onions, gently tossing until all ingredients are well blended. Cook approximately 10 minutes.
- In a small bowl, mix the remaining sesame oil and remaining green onions.
- Brush the cut sides of the English muffins lightly with the mixture.
- Place the muffin halves face up on a medium baking sheet.
- Broil English muffins 2 minutes, or until lightly toasted.
- Remove from heat and top with turkey mixture.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:18.74, Inflammation Score:-4, Nutrition Score:15.744782608488%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 399.99kcal (20%), Fat: 10.98g (16.89%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 42.15g (15.33%), Sugar: 12.59g (13.98%), Cholesterol: 71.04mg (23.68%), Sodium: 1139.76mg (49.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.65%), Vitamin B3: 9.85mg (49.26%), Vitamin B6: 0.75mg (37.36%), Selenium: 24.46µg (34.95%), Phosphorus: 292.81mg (29.28%), Vitamin K: 27.27µg (25.97%), Vitamin B12: 1.32µg (22.08%), Vitamin B2: 0.36mg (21.16%), Zinc: 2.49mg (16.6%), Manganese: 0.32mg (16.07%), Magnesium: 51.4mg (12.85%), Potassium: 431.96mg (12.34%), Vitamin B5: 1.2mg (11.98%), Vitamin B1: 0.17mg (11.2%), Iron: 1.95mg (10.85%), Fiber: 2.7g (10.81%), Copper: 0.21mg (10.66%), Folate: 42.26µg (10.57%), Calcium: 63.82mg (6.38%), Vitamin A: 197.54IU (3.95%), Vitamin C: 2.69mg (3.26%), Vitamin E: 0.47mg (3.15%), Vitamin D: 0.21µg (1.4%)