



Bacon-Turkey Bites



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



24

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup roasted cranberry sauce
- ☐ 2 tablespoons dijon honey mustard
- ☐ 0.5 teaspoon ground mustard
- ☐ 1 tablespoons chives fresh chopped
- ☐ 0.5 pound turkey breast tenderloins cut into 1/2- to 3/4-inch cubes
- ☐ 0.5 cup dijon honey mustard
- ☐ 8 slices bacon

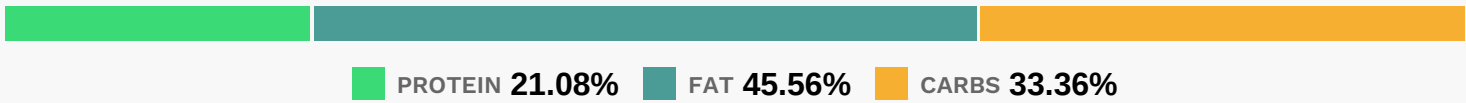
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ toothpicks
- ☐ broiler pan

Directions

- ☐ Mix cranberry sauce, dressing and mustard in 1-quart saucepan.
- ☐ Heat over low heat, stirring occasionally, just until melted and well blended; cool. Just before serving, sprinkle with chives.
- ☐ Serve sauce warm or cold.
- ☐ Make Honey Mustard–Cranberry Sauce.
- ☐ Mix turkey and honey mustard dressing in shallow bowl. Cover and refrigerate 30 minutes to marinate.
- ☐ Remove turkey from marinade; discard marinade. Wrap bacon piece around each turkey piece; secure with toothpick.
- ☐ Place on ungreased broiler pan rack.
- ☐ Broil with tops 4 to 6 inches from heat 8 to 12 minutes, turning once, until turkey is no longer pink in center and bacon begins to look crisp.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.56565217398431%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 63.1kcal (3.16%), Fat: 3.06g (4.71%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.97g (1.81%), Sugar: 3.15g (3.5%), Cholesterol: 9.06mg (3.02%), Sodium: 87.36mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Selenium: 1.59µg (2.26%), Vitamin B3: 0.3mg (1.52%), Vitamin B1: 0.02mg (1.44%), Phosphorus: 11.21mg (1.12%), Vitamin B6: 0.02mg (1.03%)