



Baked Turkey, Cheddar and Bacon Sandwich

READY IN



47 min.

SERVINGS



6

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup milk
- ☐ 1 eggs
- ☐ 4 ounces deli turkey cooked thinly sliced
- ☐ 6 ounces cheddar cheese shredded
- ☐ 5 slices farro
- ☐ 2 cups frangelico

Equipment

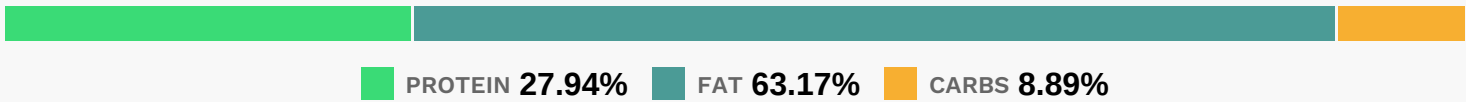
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 400°F. Spray square baking dish, 8x8x2 inches, with cooking spray.
- ☐ Stir Bisquick mix, milk and egg in medium bowl with wire whisk or fork until blended.
- ☐ Spread half of the batter in baking dish. Top with turkey, 1 cup of the cheese and the bacon.
- ☐ Spread remaining batter over bacon.
- ☐ Bake uncovered about 29 minutes or until golden brown and center is set.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake about 3 minutes longer or until cheese is melted.
- ☐ Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.91, Inflammation Score:-3, Nutrition Score:6.0286956572014%

Nutrients (% of daily need)

Calories: 167.45kcal (8.37%), Fat: 11.77g (18.11%), Saturated Fat: 6.47g (40.43%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.7g (1.34%), Sugar: 2.4g (2.67%), Cholesterol: 66.56mg (22.19%), Sodium: 436.58mg (18.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.43%), Calcium: 256.73mg (25.67%), Phosphorus: 229.73mg (22.97%), Selenium: 11.12µg (15.88%), Vitamin B2: 0.22mg (12.66%), Zinc: 1.47mg (9.81%), Vitamin B12: 0.59µg (9.76%), Vitamin A: 389.6IU (7.79%), Vitamin D: 0.76µg (5.09%), Magnesium: 18.7mg (4.68%), Vitamin B5: 0.38mg (3.82%), Potassium: 132.47mg (3.78%), Copper: 0.06mg (3.16%), Vitamin B6: 0.06mg (2.89%), Folate: 9.53µg (2.38%), Vitamin B1: 0.03mg (2.31%), Iron: 0.39mg (2.19%), Vitamin E: 0.31mg (2.07%)