



Barbecued Turkey Bake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups turkey cooked
- ☐ 0.3 cup chili sauce
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon soya sauce
- ☐ 0.3 teaspoon hot sauce red
- ☐ 1 small onion separated sliced
- ☐ 0.3 cup water cold
- ☐ 4 ounces mozzarella cheese shredded

☐ 1.5 cups frangelico

Equipment

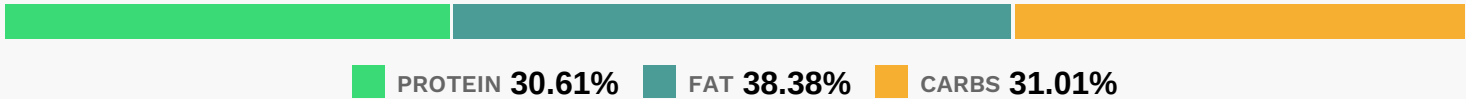
☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 375°F. Stir together turkey, chili sauce, honey, soy sauce, pepper sauce and onion; set aside.
- ☐ Stir Bisquick mix and cold water until dough forms; beat 20 strokes. Pat dough into rectangle, 12x6 inches, on ungreased cookie sheet with hands dusted with Bisquick mix; pinch edge, forming 1/2-inch rim. Spoon turkey mixture onto dough.
- ☐ Bake 25 to 30 minutes or until edge of crust is light brown. Immediately sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:20.21, Glycemic Load:3.37, Inflammation Score:-3, Nutrition Score:5.226521730423%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 132.26kcal (6.61%), Fat: 5.68g (8.75%), Saturated Fat: 2.86g (17.88%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 9.75g (3.54%), Sugar: 8.49g (9.43%), Cholesterol: 32.82mg (10.94%), Sodium: 411.24mg (17.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.2g (20.4%), Selenium: 8.8µg (12.56%), Phosphorus: 125.25mg (12.52%), Vitamin B12: 0.73µg (12.23%), Vitamin B3: 2.22mg (11.1%), Calcium: 104.92mg (10.49%), Vitamin B6: 0.2mg (9.9%), Zinc: 1.06mg (7.06%), Vitamin B2: 0.12mg (6.91%), Vitamin A: 245.31IU (4.91%), Potassium: 149.18mg (4.26%), Vitamin C: 3.45mg (4.18%), Magnesium: 13.66mg (3.41%), Iron: 0.5mg (2.76%), Copper: 0.05mg (2.57%), Vitamin B5: 0.25mg (2.51%), Vitamin B1: 0.04mg (2.48%), Vitamin E: 0.35mg (2.35%), Fiber: 0.58g (2.34%), Folate: 6.97µg (1.74%), Manganese: 0.03mg (1.72%), Vitamin K: 1.27µg (1.21%)