



Barbecued Turkey Pockets

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



130 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 10.8 ounce campbell's® condensed tomato soup healthy request® canned
- ☐ 3 6-inch pita breads cut in half
- ☐ 1 pound turkey breast cooked thinly sliced
- ☐ 2 tablespoons vinegar
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

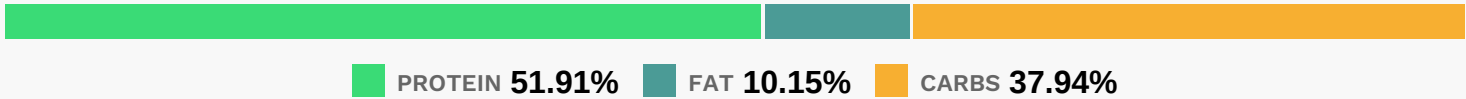
Equipment

☐ frying pan

Directions

- ☐ Heat the soup, water, sugar, vinegar and Worcestershire in a 12-inch skillet over medium heat to a boil.
- ☐ Add the turkey. Reduce the heat to low. Cook until the mixture is hot and bubbling. Spoon the turkey mixture into the pita halves.

Nutrition Facts



Properties

Glycemic Index:30.58, Glycemic Load:2.88, Inflammation Score:-3, Nutrition Score:8.9456520806188%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 129.59kcal (6.48%), Fat: 1.48g (2.28%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 11.91g (4.33%), Sugar: 8.38g (9.32%), Cholesterol: 40.82mg (13.61%), Sodium: 388.46mg (16.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.15%), Vitamin B3: 7.97mg (39.87%), Vitamin B6: 0.63mg (31.57%), Selenium: 18.77µg (26.82%), Phosphorus: 196.72mg (19.67%), Potassium: 497.1mg (14.2%), Vitamin C: 6.92mg (8.39%), Vitamin B12: 0.48µg (7.94%), Zinc: 1.09mg (7.24%), Vitamin B2: 0.12mg (7.14%), Magnesium: 27.02mg (6.76%), Vitamin B5: 0.59mg (5.93%), Iron: 0.9mg (4.97%), Vitamin A: 216.47IU (4.33%), Manganese: 0.08mg (4.16%), Copper: 0.08mg (3.75%), Vitamin B1: 0.05mg (3.31%), Calcium: 24.58mg (2.46%), Fiber: 0.57g (2.28%), Vitamin K: 1.65µg (1.57%), Vitamin E: 0.22mg (1.47%), Folate: 5.68µg (1.42%)