



Countdown Scallion Pancakes with Crispy Turkey and Cranberry Hoisin Sauce

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



534 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 package refrigerator biscuits (8-count) (recommended: Pillsbury Grands)
- ☐ 1 cup canola oil plus 2 tablespoons
- ☐ 1 cup cucumber julienned
- ☐ 1 cup hoisin sauce divided
- ☐ 8 scallions sliced for garnish
- ☐ 3 teaspoons sesame oil divided
- ☐ 2 tablespoons soya sauce

- ☐ 4 cups turkey shredded leftover cooked
- ☐ 0.5 cup cranberry sauce

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 200 degrees F.
- ☐ Remove the biscuits from the tube. Flatten out each one slightly.
- ☐ Place 1 teaspoon of sliced scallion into the center of the biscuit and drizzle with 1/4 teaspoon of sesame oil. Wrap the edges of the biscuit around the scallions and roll into a ball. Repeat with remaining biscuits. On a clean, floured work surface, roll out each biscuit ball into a round about 1/8-inch thick.
- ☐ Heat 2 tablespoons of canola oil in a large, nonstick skillet over medium heat.
- ☐ Add a rolled out pancake and fry until crispy, about 3 minutes per side. Once cooked, place in the oven to keep warm. Repeat with the remaining pancakes and canola oil.
- ☐ Meanwhile, in a separate skillet, heat 2 tablespoons of canola oil over medium heat.
- ☐ Add the turkey and soy sauce and cook until heated through. Turn off the heat and add the remaining teaspoon of sesame oil.
- ☐ In a mini-food processor, combine the cranberry sauce and 1/2 cup hoisin sauce and blend until smooth.
- ☐ Drizzle 1 tablespoon of the remaining hoisin sauce onto a scallion pancake. Top with some cucumber, scallions, and some of the cooked turkey.
- ☐ Drizzle with 1 tablespoon of the cranberry-hoisin sauce. Repeat with remaining ingredients.
- ☐ Serve and enjoy.

Nutrition Facts



 PROTEIN **11.86%**  FAT **43.56%**  CARBS **44.58%**

Properties

Glycemic Index:15.75, Glycemic Load:22.75, Inflammation Score:-5, Nutrition Score:13.2265218444449%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 533.95kcal (26.7%), Fat: 25.89g (39.82%), Saturated Fat: 6.11g (38.19%), Carbohydrates: 59.61g (19.87%), Net Carbohydrates: 57.26g (20.82%), Sugar: 27.71g (30.79%), Cholesterol: 36.82mg (12.27%), Sodium: 1065.6mg (46.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Vitamin K: 36.84µg (35.08%), Vitamin B3: 6.3mg (31.52%), Vitamin B2: 0.37mg (21.61%), Selenium: 14.89µg (21.27%), Manganese: 0.4mg (19.92%), Vitamin B6: 0.39mg (19.31%), Vitamin E: 2.75mg (18.32%), Folate: 67.94µg (16.99%), Vitamin B1: 0.24mg (16.06%), Iron: 2.84mg (15.8%), Phosphorus: 155.62mg (15.56%), Vitamin B12: 0.61µg (10.11%), Fiber: 2.35g (9.4%), Zinc: 1.37mg (9.13%), Magnesium: 35.1mg (8.77%), Copper: 0.17mg (8.26%), Potassium: 271.9mg (7.77%), Vitamin B5: 0.66mg (6.62%), Vitamin A: 217.23IU (4.34%), Vitamin C: 3.1mg (3.76%), Calcium: 36.17mg (3.62%)