



Cranberry BBQ Sauce Turkey Sliders

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



476 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons apple cider vinegar
- 0.3 teaspoon pepper black freshly ground
- 2 rib celery thinly sliced
- 1 cinnamon sticks
- 1 pound cranberries fresh
- 1 teaspoon dijon mustard
- 2 teaspoons dijon mustard
- 12 dinner rolls sweet

- 1 tablespoon olive oil extra virgin
- 1 clove garlic minced
- 1 apples i use 2 granny smith apples cored peeled cut into 2-inch matchsticks
- 0.3 cup catsup
- 0.3 teaspoon kosher salt
- 1 teaspoon kosher salt
- 0.5 cup maple syrup
- 1 teaspoon olive oil
- 1 orange zest juiced
- 1 large shallots diced
- 3 cups turkey shredded
- 2 teaspoons worcestershire sauce

Equipment

- food processor
- bowl
- sauce pan
- whisk
- blender
- wooden spoon

Directions

- Watch how to make this recipe.
- Whisk together the vinegar, mustard, oil, celery, apples, salt and pepper in a large bowl. Set aside while you make the sliders.
- Heat the oil in a medium saucepan over medium-high heat.
- Add the shallots and cook until softened, about 5 minutes.
- Add the garlic and cook until fragrant, about 30 seconds. Stir in the cranberry sauce, ketchup, vinegar, Dijon, Worcestershire, salt and pepper. Bring to a boil, then reduce the heat to low

and simmer until the sauce has thickened, about 5 minutes. Turn off the heat and carefully pour the sauce into a food processor or blender and process until smooth.

Place the turkey into a large bowl and pour the sauce over the turkey, stirring to coat evenly with the sauce. To serve, spoon a 1/4 cup of the turkey onto the bottom half of the rolls, garnish with 2 tablespoons of the slaw and top with the top half of the roll.

Combine the cranberries, maple syrup cinnamon, orange zest and orange juice in a medium saucepan. Bring the mixture to a boil. Lower the heat and simmer for 10 minutes, stirring occasionally with a wooden spoon. Turn the burner off. Using the back of your spoon, lightly mash the cranberries to desired consistency. Chill until ready to serve.

Nutrition Facts

 PROTEIN **15.7%**  FAT **21.37%**  CARBS **62.93%**

Properties

Glycemic Index:57.75, Glycemic Load:10.83, Inflammation Score:-6, Nutrition Score:22.438260959542%

Flavonoids

Cyanidin: 35.58mg, Cyanidin: 35.58mg, Cyanidin: 35.58mg, Cyanidin: 35.58mg Delphinidin: 5.8mg, Delphinidin: 5.8mg, Delphinidin: 5.8mg, Delphinidin: 5.8mg Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 37.17mg, Peonidin: 37.17mg, Peonidin: 37.17mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 5.59mg, Epicatechin: 5.59mg, Epicatechin: 5.59mg, Epicatechin: 5.59mg Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 5.02mg, Myricetin: 5.02mg, Myricetin: 5.02mg, Myricetin: 5.02mg Quercetin: 12.53mg, Quercetin: 12.53mg, Quercetin: 12.53mg, Quercetin: 12.53mg

Nutrients (% of daily need)

Calories: 475.97kcal (23.8%), Fat: 11.49g (17.67%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 76.1g (25.37%), Net Carbohydrates: 68.55g (24.93%), Sugar: 26.63g (29.59%), Cholesterol: 35.78mg (11.93%), Sodium: 1140.51mg (49.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Manganese: 1.95mg (97.65%), Selenium: 40.14µg (57.35%), Vitamin B2: 0.72mg (42.07%), Vitamin B3: 7.63mg (38.15%), Fiber: 7.55g (30.19%), Vitamin B1: 0.44mg (29.44%), Vitamin B6: 0.46mg (23.08%), Iron: 4.06mg (22.58%), Calcium: 211.85mg (21.19%), Phosphorus: 203.21mg (20.32%), Vitamin C: 15.9mg (19.27%), Folate: 60.18µg (15.05%), Magnesium: 60.06mg (15.02%), Vitamin E: 2.02mg (13.45%), Zinc: 2.01mg (13.38%), Potassium: 439.82mg (12.57%), Copper: 0.24mg (12.16%), Vitamin B12: 0.61µg (10.11%), Vitamin B5: 1mg (9.99%), Vitamin K: 9.39µg (8.94%), Vitamin A: 156.51IU

(3.13%)