



Cranberry Orange Turkey Flatbread

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



128 kcal

Ingredients

- ☐ 0.7 cup milk
- ☐ 2 teaspoons vegetable oil
- ☐ 0.7 cup cranberries crushed (from 12-ounce tub)
- ☐ 1 cup turkey wings cooked
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 1 serving orange zest
- ☐ 2.3 cups frangelico

Equipment

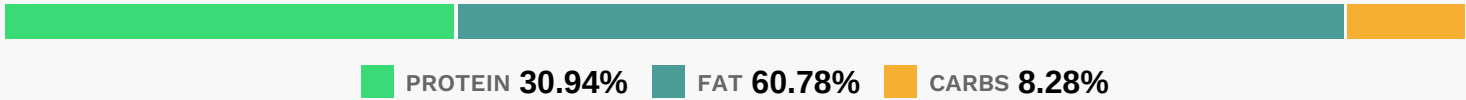
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 450°. Stir Bisquick and milk until soft dough forms; beat 30 seconds. If dough is too sticky, gradually mix in enough Bisquick (up to 1/4 cup) to make dough easy to handle.
- ☐ Place dough on surface generously dusted with Bisquick; gently roll in Bisquick to coat. Shape into ball; knead 10 times. Pat or roll on ungreased cookie sheet into 12-inch circle.
- ☐ Brush with oil.
- ☐ Spread with crushed fruit.
- ☐ Sprinkle with turkey and cheese.
- ☐ Bake about 10 minutes or until golden brown.
- ☐ Garnish with orange peel strips.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.76, Inflammation Score:-2, Nutrition Score:4.578695628954%

Flavonoids

Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 128.22kcal (6.41%), Fat: 8.6g (13.23%), Saturated Fat: 3.39g (21.16%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.48g (1.64%), Cholesterol: 34.34mg (11.45%), Sodium: 113.08mg (4.92%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Selenium: 9.44µg (13.49%), Phosphorus: 120.74mg (12.07%), Calcium: 103.81mg (10.38%), Vitamin B12: 0.55µg (9.14%), Vitamin B6: 0.15mg (7.31%), Vitamin B3: 1.37mg (6.83%), Zinc: 0.96mg (6.43%), Vitamin B2: 0.1mg (6.1%), Vitamin C: 3.21mg (3.89%), Potassium: 122.1mg (3.49%), Magnesium: 12.32mg (3.08%), Vitamin B5: 0.29mg (2.92%), Vitamin A: 143.31IU (2.87%), Vitamin K: 2.87µg (2.74%), Iron: 0.47mg (2.59%), Vitamin B1: 0.03mg (2.22%), Manganese: 0.04mg (2%), Vitamin D: 0.28µg (1.87%), Fiber: 0.46g (1.84%), Vitamin E: 0.24mg (1.62%), Copper: 0.03mg (1.53%)