



WHATSheATE



Crispy Turkey Divan

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 oz turkey breast tenderloins uncooked
- ☐ 1 cup cornflakes crushed country®
- ☐ 0.3 teaspoon pepper
- ☐ 2 eggs
- ☐ 3 tablespoons vegetable oil
- ☐ 24 oz broccoli frozen
- ☐ 0.5 cup queso asadero (from 15-oz jar)
- ☐ 1 cup frangelico

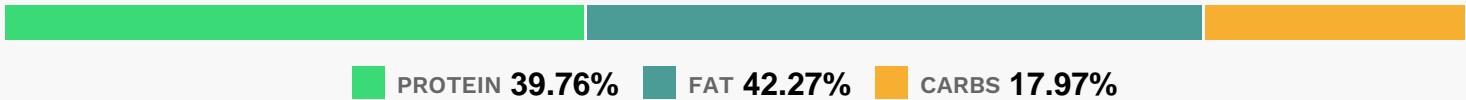
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Cut turkey crosswise and at an angle into 1/2-inch-thick slices. In shallow dish, mix Bisquick mix, cereal and pepper. In small bowl, beat eggs. Dip turkey into eggs, then coat with Bisquick mixture.
- ☐ In 12-inch nonstick skillet, heat 1 tablespoon of the oil over medium heat. Cooking in batches, cook turkey in oil in a single layer 5 to 8 minutes, turning once, until golden brown on outside and no longer pink in center.
- ☐ Remove cooked turkey from skillet; cover to keep warm.
- ☐ Add remaining 2 tablespoons oil as needed to cook remaining turkey.
- ☐ Meanwhile, cook broccoli in microwave as directed on bag. Stir in cheese dip. Cover; microwave on High about 2 minutes or until thoroughly heated. Spoon broccoli and cheese mixture over turkey.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:19.340434748193%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 292.17kcal (14.61%), Fat: 14.03g (21.59%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 10.24g (3.73%), Sugar: 3.75g (4.16%), Cholesterol: 111.53mg (37.18%), Sodium: 478.5mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.7g (59.41%), Vitamin C: 102.21mg (123.89%), Vitamin K:

128.35µg (122.24%), Phosphorus: 267.68mg (26.77%), Folate: 95.01µg (23.75%), Vitamin A: 997.43IU (19.95%), Vitamin B2: 0.32mg (18.71%), Vitamin B6: 0.31mg (15.36%), Iron: 2.48mg (13.78%), Calcium: 132.89mg (13.29%), Manganese: 0.26mg (13.04%), Fiber: 3.18g (12.73%), Potassium: 434.84mg (12.42%), Selenium: 7.73µg (11.04%), Vitamin E: 1.6mg (10.67%), Vitamin B1: 0.15mg (9.93%), Vitamin B5: 0.89mg (8.86%), Vitamin B3: 1.57mg (7.86%), Magnesium: 27.54mg (6.88%), Zinc: 1.03mg (6.83%), Vitamin B12: 0.36µg (6.06%), Copper: 0.08mg (3.82%), Vitamin D: 0.46µg (3.08%)