



Crispy Turkey Divan

READY IN



25 min.

SERVINGS



6

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

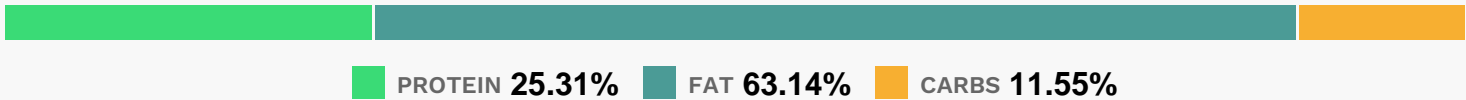
Equipment

- ☐ 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:5.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:6.093913016112%

Nutrients (% of daily need)

Calories: 475.88kcal (23.79%), Fat: 33.91g (52.17%), Saturated Fat: 9.04g (56.48%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 13.71g (4.99%), Sugar: 6.36g (7.06%), Cholesterol: 121.74mg (40.58%), Sodium: 1372.08mg (59.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.59g (61.18%), Phosphorus: 192.84mg (19.28%), Vitamin A: 898.77IU (17.98%), Calcium: 160.56mg (16.06%), Vitamin K: 12.69µg (12.08%), Vitamin B2: 0.19mg (10.91%), Iron: 1.65mg (9.18%), Selenium: 4.89µg (6.99%), Vitamin B12: 0.36µg (6.06%), Folate: 23.57µg (5.89%), Vitamin B6: 0.11mg (5.44%), Vitamin E: 0.72mg (4.78%), Vitamin B1: 0.07mg (4.57%), Vitamin B3: 0.85mg (4.24%), Zinc: 0.56mg (3.73%), Vitamin D: 0.46µg (3.08%), Vitamin B5: 0.24mg (2.37%), Potassium: 76.51mg (2.19%), Vitamin C: 1.06mg (1.28%), Manganese: 0.02mg (1.13%), Copper: 0.02mg (1.05%)