



Deluxe Cheeseburger Melt (Cooking for 2)

READY IN



30 min.

SERVINGS



2

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup baking mix bisquick heart smart®
- 1 tablespoon water
- 2 tablespoons eggs fat-free
- 0.3 cup cheddar cheese shredded reduced-fat ()
- 0.3 lb pd of ground turkey lean
- 0.5 cup mushroom stems and pieces canned reduced-fat reduced-sodium
- 0.8 cup savory vegetable mixed frozen

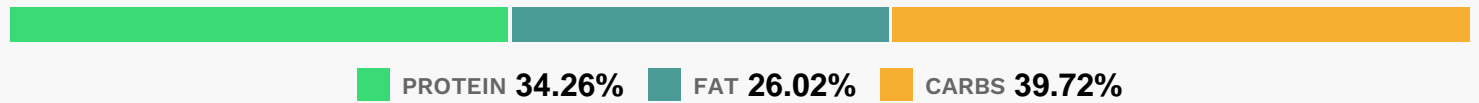
Equipment

- bowl
- frying pan
- oven
- loaf pan

Directions

- Heat oven to 400°F. Spray 8x4-inch loaf pan with cooking spray. In small bowl, stir together Bisquick® mix, water, egg product and 1/4 cup of the cheese; spread in pan.
- In 10-inch skillet, cook turkey over medium-high heat, stirring occasionally, until brown; drain. Stir in soup and vegetables; heat until hot.
- Spoon turkey mixture over batter in pan.
- Sprinkle with remaining 2 tablespoons cheese.
- Bake about 20 minutes or until edges are light golden brown.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:2.91, Inflammation Score:-9, Nutrition Score:17.250434963599%

Nutrients (% of daily need)

Calories: 273.64kcal (13.68%), Fat: 7.95g (12.23%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 23.65g (8.6%), Sugar: 3.47g (3.86%), Cholesterol: 92.08mg (30.69%), Sodium: 632.54mg (27.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.55g (47.11%), Vitamin A: 3589.8IU (71.8%), Phosphorus: 383.62mg (38.36%), Vitamin B3: 7.29mg (36.43%), Vitamin B6: 0.6mg (29.91%), Selenium: 20.89µg (29.84%), Potassium: 770.55mg (22.02%), Vitamin B2: 0.3mg (17.87%), Calcium: 172.72mg (17.27%), Vitamin B1: 0.24mg (16.07%), Fiber: 3.65g (14.62%), Folate: 57.83µg (14.46%), Zinc: 1.87mg (12.49%), Manganese: 0.24mg (12.15%), Iron: 1.96mg (10.87%), Magnesium: 41.93mg (10.48%), Vitamin B5: 1.04mg (10.4%), Vitamin B12: 0.57µg (9.47%), Vitamin C: 7.16mg (8.68%), Copper: 0.14mg (7.1%), Vitamin D: 0.54µg (3.58%), Vitamin E: 0.23mg (1.53%), Vitamin K: 1.43µg (1.36%)