



Easy Turkey and Biscuits

READY IN



30 min.

SERVINGS



3

CALORIES



227 kcal

Ingredients

- ☐ 1.5 cups broccoli frozen
- ☐ 3 biscuits frozen (from 25-oz. pkg.)
- ☐ 0.3 cup cream sour
- ☐ 18 oz campbell's turkey gravy refrigerated home-style
- ☐ 1 tablespoon worcestershire sauce

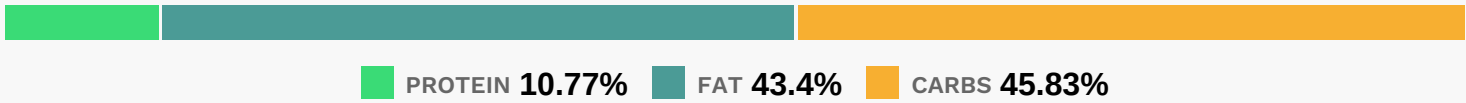
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Bake biscuits as directed on package.
- ☐ Meanwhile, in large saucepan, combine turkey with gravy, frozen broccoli and Worcestershire sauce. Cook over medium heat for 12 to 15 minutes or until broccoli is tender, stirring occasionally.
- ☐ Remove from heat. Stir in sour cream until well blended.
- ☐ Split warm biscuits; place on individual serving plates. Top each with turkey mixture.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:8.85, Inflammation Score:-5, Nutrition Score:9.9378260011258%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 227.26kcal (11.36%), Fat: 11.21g (17.25%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 25.14g (9.14%), Sugar: 5.78g (6.42%), Cholesterol: 11.58mg (3.86%), Sodium: 1127.51mg (49.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.51%), Vitamin C: 40.16mg (48.68%), Vitamin K: 46.33µg (44.12%), Phosphorus: 163.11mg (16.31%), Folate: 48.22µg (12.06%), Vitamin B1: 0.15mg (10.29%), Manganese: 0.2mg (10.02%), Vitamin B2: 0.17mg (9.99%), Selenium: 6.91µg (9.88%), Iron: 1.53mg (8.48%), Vitamin A: 398.55IU (7.97%), Potassium: 268.81mg (7.68%), Vitamin B3: 1.24mg (6.22%), Fiber: 1.5g (5.98%), Calcium: 59.33mg (5.93%), Vitamin E: 0.78mg (5.18%), Vitamin B6: 0.1mg (4.88%), Magnesium: 16.48mg (4.12%), Vitamin B5: 0.4mg (3.98%), Copper: 0.06mg (2.94%), Zinc: 0.38mg (2.56%), Vitamin B12: 0.08µg (1.3%)