



Mexican Turkey Turnovers

READY IN



45 min.

SERVINGS



16

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce biscuits refrigerated split canned
- 8 ounce tomato sauce canned
- 4 ounces colby-jack cheese blend shredded
- 16 servings toppings: cream sour
- 6 green onions chopped
- 1 medium onion diced
- 0.5 bell pepper diced green red
- 1.3 ounce taco seasoning
- 2 cups turkey cooked chopped

2 tablespoons vegetable oil

Equipment

baking sheet

oven

Directions

Saut onion and bell pepper in hot oil over medium-high heat 5 minutes or until onion is tender. Stir in chopped turkey, tomato sauce, and taco seasoning mix.

Remove mixture from heat; let cool.

Roll each biscuit half into a 6-inch circle. Spoon about 2 tablespoons turkey mixture, 1 tablespoon cheese, and 2 teaspoons green onions on 1 side of each circle; fold in half, sealing edges with a fork.

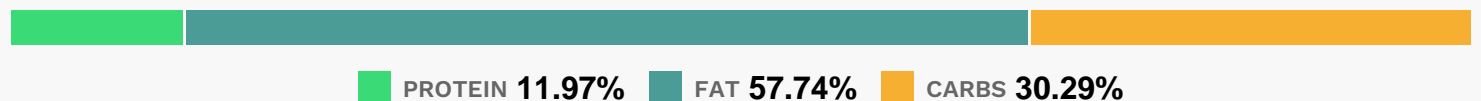
Place on a lightly greased baking sheet.

Bake at 400 for 15 minutes or until golden.

Serve with sour cream and salsa.

NOTE: For testing purposes only, we used Pillsbury Grands! Biscuits.

Nutrition Facts



Properties

Glycemic Index:11.19, Glycemic Load:9.16, Inflammation Score:-5, Nutrition Score:7.5356521710106%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 227.45kcal (11.37%), Fat: 14.83g (22.82%), Saturated Fat: 6.04g (37.75%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 16.21g (5.89%), Sugar: 2.87g (3.19%), Cholesterol: 32.91mg (10.97%), Sodium: 574.81mg (24.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Phosphorus: 193.96mg (19.4%),

Vitamin K: 14.97µg (14.26%), Selenium: 9.6µg (13.71%), Vitamin A: 626.38IU (12.53%), Vitamin B3: 2.1mg (10.52%), Vitamin B2: 0.18mg (10.37%), Vitamin B1: 0.14mg (9.48%), Iron: 1.49mg (8.28%), Calcium: 80.88mg (8.09%), Vitamin C: 6.42mg (7.79%), Manganese: 0.15mg (7.47%), Folate: 28.42µg (7.11%), Vitamin B6: 0.13mg (6.59%), Vitamin E: 0.93mg (6.18%), Potassium: 185.65mg (5.3%), Fiber: 1.29g (5.18%), Vitamin B12: 0.27µg (4.57%), Zinc: 0.68mg (4.51%), Magnesium: 14.9mg (3.73%), Copper: 0.06mg (3.14%), Vitamin B5: 0.3mg (2.98%), Vitamin D: 0.32µg (2.13%)