



Mom's Barbeque Style Turkey

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 0.3 cup butter
- ☐ 1 cup celery chopped
- ☐ 1.5 teaspoons chili powder
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 cup catsup
- ☐ 0.5 cup onion chopped
- ☐ 6 servings salt to taste

- ☐ 4 cups turkey cooked chopped
- ☐ 1 tablespoon worcestershire sauce

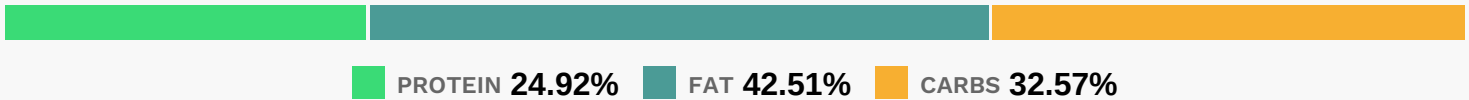
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a skillet over medium heat.
- ☐ Place onion, celery, and green pepper in the skillet, and cook 5 minutes.
- ☐ Mix in the ketchup, brown sugar, chili powder, and Worcestershire sauce. Season with salt. Cook over low heat until bubbly. Stir in the turkey, cover, and simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:10.159565225891%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 238.22kcal (11.91%), Fat: 11.58g (17.82%), Saturated Fat: 5.87g (36.67%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 18.96g (6.9%), Sugar: 15.79g (17.55%), Cholesterol: 68.05mg (22.68%), Sodium: 752.71mg (32.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.56%), Vitamin B3: 5.85mg (29.23%), Vitamin B6: 0.53mg (26.48%), Selenium: 14.81µg (21.16%), Vitamin C: 13.5mg (16.37%), Vitamin A: 750.95IU (15.02%), Phosphorus: 147.77mg (14.78%), Vitamin B12: 0.82µg (13.74%), Vitamin B2: 0.22mg (12.78%), Potassium: 388.51mg (11.1%), Zinc: 1.35mg (8.97%), Vitamin K: 8.32µg (7.93%), Vitamin E: 1.15mg (7.67%), Magnesium: 28.04mg (7.01%), Vitamin B5: 0.65mg (6.49%), Iron: 1.1mg (6.09%), Copper: 0.12mg (5.9%), Manganese: 0.11mg (5.5%), Folate: 18.78µg (4.7%), Fiber: 1g (4%), Vitamin B1: 0.06mg (3.78%), Calcium: 36.38mg (3.64%), Vitamin D: 0.2µg (1.33%)