



Skillet Barbecued Turkey Sandwiches

 Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup hickory-flavored barbecue sauce
- ☐ 1 tablespoon cider vinegar
- ☐ 2 teaspoons butter reduced-calorie
- ☐ 1 large onion thinly sliced
- ☐ 7.2 ounce onion sandwich buns split toasted
- ☐ 0.5 teaspoon sugar
- ☐ 12 ounces turkey breast tenderloins cut into thin slices

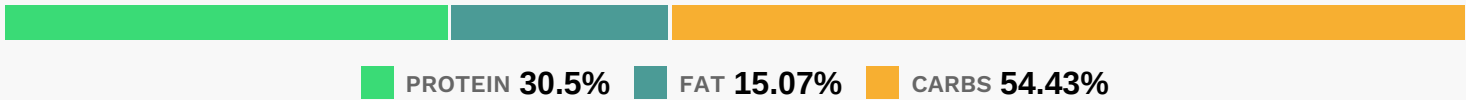
Equipment

☐ frying pan

Directions

- ☐ Heat margarine in a large nonstick skillet over medium-high heat until margarine melts.
- ☐ Add onion slices; cook, stirring constantly, 1 minute. Cover, reduce heat, and cook 6 minutes or until tender; sprinkle with sugar. Cook, uncovered, over medium-high heat, stirring constantly, 1 minute.
- ☐ Add vinegar; cook 2 additional minutes, stirring occasionally.
- ☐ Remove onion from skillet; cover and keep warm.
- ☐ Add turkey slices to skillet; cook over medium-high heat 3 minutes. Stir in barbecue sauce; reduce heat, and simmer, uncovered, 5 minutes or until turkey is done. Spoon turkey and sauce evenly onto bottom halves of buns; top with onion.
- ☐ Place top halves of buns over onion.

Nutrition Facts



Properties

Glycemic Index:34.27, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:7.7008695100313%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 337.81kcal (16.89%), Fat: 5.6g (8.62%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 43.4g (15.78%), Sugar: 14.88g (16.53%), Cholesterol: 37.97mg (12.66%), Sodium: 728.04mg (31.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.52g (51.04%), Selenium: 20.61µg (29.44%), Vitamin B1: 0.27mg (17.98%), Manganese: 0.34mg (16.88%), Folate: 56.34µg (14.09%), Vitamin B3: 2.42mg (12.11%), Vitamin B2: 0.2mg (11.92%), Iron: 1.99mg (11.05%), Fiber: 2.13g (8.53%), Phosphorus: 69.93mg (6.99%), Calcium: 69.92mg (6.99%), Copper: 0.12mg (6.19%), Potassium: 196.6mg (5.62%), Magnesium: 22.44mg (5.61%), Vitamin B6: 0.09mg (4.49%), Zinc: 0.61mg (4.04%), Vitamin E: 0.59mg (3.9%), Vitamin C: 2.99mg (3.63%), Vitamin A: 170.26IU (3.41%), Vitamin B5: 0.32mg (3.16%), Vitamin K: 1.1µg (1.05%)