



Speedy Sloppy Joes

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7.5 ounce biscuits refrigerated
- 1 pound pd of ground turkey
- 4 servings salt and pepper
- 1 tablespoon olive oil
- 1 cup salsa fresh refrigerated store-bought

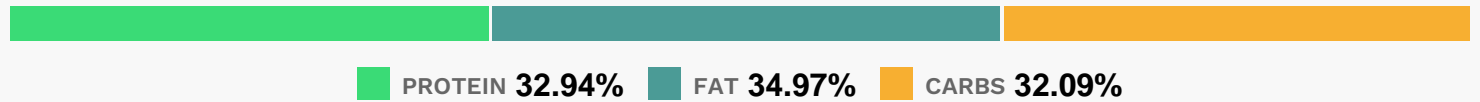
Equipment

- frying pan
- oven

Directions

- Bake the biscuits according to the package directions.
- Let cool before slicing each biscuit in half. Meanwhile, heat the oil in a skillet over medium-high heat.
- Add the turkey and cook until no trace of pink remains, about 7 minutes. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Stir in the salsa and cook until heated through, about 2 minutes more.
- Place the bottom halves of the biscuits on a plate. Top with the meat mixture and sandwich with the remaining biscuit halves.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:16.31, Inflammation Score:-5, Nutrition Score:18.625217375548%

Nutrients (% of daily need)

Calories: 370.81kcal (18.54%), Fat: 14.61g (22.47%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 30.16g (10.05%), Net Carbohydrates: 28.3g (10.29%), Sugar: 4.33g (4.81%), Cholesterol: 62.9mg (20.97%), Sodium: 1178.82mg (51.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.96g (61.92%), Vitamin B3: 13.52mg (67.59%), Vitamin B6: 1.11mg (55.56%), Selenium: 35.64µg (50.91%), Phosphorus: 506.78mg (50.68%), Vitamin B1: 0.32mg (21.34%), Potassium: 621.37mg (17.75%), Vitamin B2: 0.3mg (17.36%), Iron: 2.92mg (16.23%), Zinc: 2.38mg (15.88%), Manganese: 0.29mg (14.46%), Vitamin E: 2.08mg (13.85%), Magnesium: 51.68mg (12.92%), Vitamin B5: 1.29mg (12.89%), Folate: 48.88µg (12.22%), Vitamin B12: 0.65µg (10.88%), Copper: 0.15mg (7.61%), Fiber: 1.86g (7.44%), Vitamin A: 341.41IU (6.83%), Vitamin K: 7.02µg (6.68%), Calcium: 47.8mg (4.78%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.24mg (1.5%)