



Turkey à la King

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 oz mushrooms fresh sliced
- ☐ 1 small clove garlic finely chopped
- ☐ 20 oz pd of ground turkey lean
- ☐ 2.7 cups milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup peas sweet frozen
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup bell pepper red chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2.5 cups frangelico
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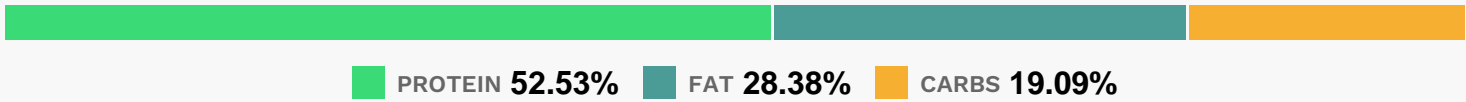
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425F. Spray cookie sheet with cooking spray. In medium bowl, mix 2 1/4 cups of the Bisquick mix, 2 tablespoons of the Parmesan cheese, the thyme and 2/3 cup of the milk until soft dough forms. Drop dough by 6 large spoonfuls onto cookie sheet.
- ☐ Bake 8 to 10 minutes or until golden brown.
- ☐ Meanwhile, in 12-inch nonstick skillet, cook turkey over medium-high heat 5 to 7 minutes, stirring occasionally, until no longer pink.
- ☐ Add garlic, mushrooms and bell pepper; cook 3 to 4 minutes, stirring occasionally, until vegetables are crisp-tender. Stir in remaining 1/4 cup Bisquick mix until blended. Stir in peas, salt, pepper and remaining 2 cups milk. Cook until mixture bubbles and thickens. Stir in remaining Parmesan cheese.
- ☐ Split biscuits and place bottoms on individual serving plates. Spoon 1/3 cup turkey mixture over each biscuit bottom. Top with biscuit tops and remaining turkey mixture.

Nutrition Facts



Properties

Glycemic Index:42.22, Glycemic Load:3.18, Inflammation Score:-7, Nutrition Score:18.402608757434%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 221.25kcal (11.06%), Fat: 7.06g (10.86%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 8.86g (3.22%), Sugar: 7.4g (8.22%), Cholesterol: 69.82mg (23.27%), Sodium: 382.94mg (16.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.39g (58.78%), Vitamin B3: 10.44mg (52.18%), Vitamin B6: 0.98mg (48.95%), Phosphorus: 401.77mg (40.18%), Selenium: 26.73µg (38.19%), Vitamin C: 26.15mg (31.69%), Vitamin B2: 0.37mg (21.68%), Calcium: 194.4mg (19.44%), Vitamin B12: 1.15µg (19.14%), Zinc: 2.76mg (18.41%), Potassium: 585.56mg (16.73%), Vitamin A: 825.46IU (16.51%), Vitamin B5: 1.54mg (15.35%), Vitamin B1: 0.2mg (13.63%), Magnesium: 53.51mg (13.38%), Vitamin D: 1.63µg (10.85%), Folate: 31.79µg (7.95%), Manganese: 0.16mg (7.77%), Copper: 0.15mg (7.55%), Fiber: 1.82g (7.29%), Iron: 1.26mg (7.03%), Vitamin K: 7.17µg (6.83%), Vitamin E: 0.38mg (2.53%)