



Turkey-Cheese Pockets

READY IN



27 min.

SERVINGS



27

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7.5 oz biscuits refrigerated canned (10 biscuits)
- 2 oz philadelphia cream cheese softened ()
- 1 tsp grey poupon dijon mustard
- 1 Tbsp miracle whip dressing
- 0.3 cup mozzarella cheese shredded kraft
- 0.5 cup oscar mayer carving board oven roasted turkey breast finely chopped

Equipment

- bowl

baking sheet

oven

Directions

Heat oven to 400F.

Mix cream cheese, dressing and mustard in small bowl until blended.

Add turkey and mozzarella; mix well.

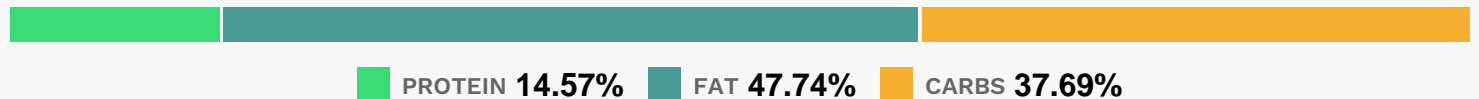
Press or roll out each biscuit to 3-1/2-inch circle; top with cream cheese mixture. Fold each in half; firmly press edges together to seal.

Place on baking sheet.

Bake 10 to 12 min. or until lightly browned.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.59, Glycemic Load:2.45, Inflammation Score:-1, Nutrition Score:1.3334782653205%

Nutrients (% of daily need)

Calories: 44.11kcal (2.21%), Fat: 2.36g (3.63%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 4.07g (1.48%), Sugar: 0.46g (0.51%), Cholesterol: 5.31mg (1.77%), Sodium: 139.11mg (6.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Phosphorus: 51.27mg (5.13%), Selenium: 2.48µg (3.54%), Vitamin B3: 0.66mg (3.32%), Vitamin B1: 0.04mg (2.46%), Vitamin B2: 0.03mg (2%), Manganese: 0.03mg (1.66%), Iron: 0.29mg (1.6%), Folate: 6.09µg (1.52%), Vitamin B6: 0.02mg (1.24%), Calcium: 11.77mg (1.18%), Potassium: 37.54mg (1.07%)