



Turkey Club Bake

 Gluten Free

READY IN



36 min.

SERVINGS



6

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces monterrey jack cheese shredded
- 6 slices bacon crumbled cooked
- 0.3 cup spring onion sliced
- 0.3 cup milk
- 0.3 cup salad dressing
- 0.3 cup salad dressing
- 1 cup tomatoes chopped
- 2 cups turkey cubed cooked

- 2 cups frangelico
- 2 cups frangelico

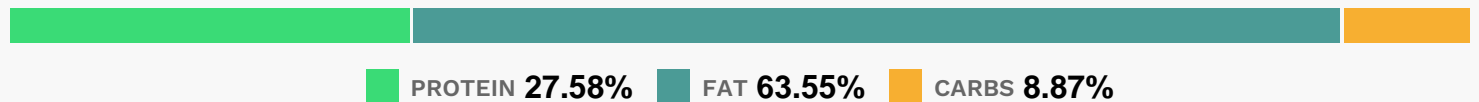
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 450F. Grease cookie sheet. Stir Bisquick, 1/3 cup mayonnaise and the milk in medium bowl until soft dough forms. Press dough into 12x8-inch rectangle on cookie sheet.
- Bake 8 to 10 minutes or until golden brown.
- Mix turkey, onions, bacon and 1/4 cup mayonnaise. Spoon over crust to within 1/4 inch of edges.
- Sprinkle with tomato and cheese.
- Bake 5 to 6 minutes or until mixture is hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:8.937391307043%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 223.42kcal (11.17%), Fat: 15.72g (24.18%), Saturated Fat: 5.99g (37.43%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.53g (1.65%), Sugar: 3.98g (4.43%), Cholesterol: 50.22mg (16.74%), Sodium: 518.84mg (22.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.35g (30.69%), Vitamin K: 23.89µg (22.76%), Selenium: 14.59µg (20.85%), Phosphorus: 200.21mg (20.02%), Vitamin B3: 3.6mg (18%), Calcium: 170.64mg (17.06%), Vitamin B6: 0.3mg (15.07%), Vitamin B12: 0.72µg (12.02%), Vitamin B2: 0.18mg (10.61%), Zinc: 1.53mg (10.21%), Vitamin A:

445.44IU (8.91%), Potassium: 239.33mg (6.84%), Vitamin B1: 0.09mg (5.81%), Magnesium: 22.2mg (5.55%), Vitamin E: 0.78mg (5.18%), Vitamin C: 4.28mg (5.18%), Vitamin B5: 0.47mg (4.74%), Iron: 0.69mg (3.81%), Copper: 0.06mg (3.13%), Folate: 12.11µg (3.03%), Vitamin D: 0.39µg (2.63%), Manganese: 0.05mg (2.52%), Fiber: 0.41g (1.63%)