



Turkey in a Cup

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup gorgonzola dip
- ☐ 4 oz cream cheese softened (from 8-oz package)
- ☐ 1 serving and orange peppers green red yellow
- ☐ 0.3 cup peas sweet

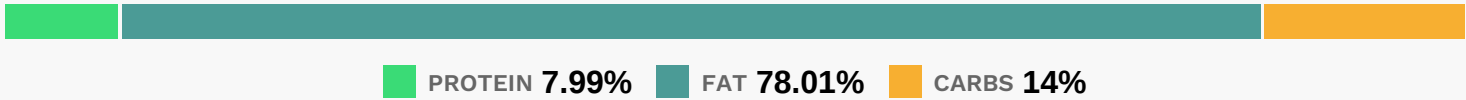
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In small bowl, beat spinach dip and cream cheese with electric mixer on high speed about 1 minute or until well mixed.
- ☐ Cut turkey head from yellow bell pepper.
- ☐ Cut 1/2-inch triangle from red bell pepper for turkey wattle.
- ☐ Cut 1/2x1-inch strips from desired colors of bell peppers for feathers.
- ☐ Spoon 2 tablespoons dip into each of 5 (2- to 3-oz) cups.
- ☐ Place turkey head in cup; attach peas for eyes using spinach dip. Insert pepper triangle for turkey wattle.
- ☐ Place colored pepper strips behind head for feathers.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:3.9843478332395%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 136.44kcal (6.82%), Fat: 11.82g (18.18%), Saturated Fat: 6.57g (41.04%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 4.05g (1.47%), Sugar: 3.47g (3.85%), Cholesterol: 22.91mg (7.64%), Sodium: 206.24mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin C: 21.97mg (26.63%), Vitamin A: 826.57IU (16.53%), Calcium: 56.4mg (5.64%), Vitamin B2: 0.07mg (4.38%), Phosphorus: 35.97mg (3.6%), Vitamin B6: 0.07mg (3.42%), Folate: 13.61µg (3.4%), Selenium: 2.1µg (2.99%), Vitamin E: 0.44mg (2.93%), Fiber: 0.73g (2.9%), Vitamin K: 3µg (2.86%), Manganese: 0.05mg (2.45%), Potassium: 79.07mg (2.26%), Vitamin B1: 0.03mg (2.17%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.24mg (1.6%), Vitamin B3: 0.32mg (1.59%), Magnesium: 6.22mg (1.56%), Iron: 0.2mg (1.09%)