



Tuscan Turkey Torta

 Gluten Free

READY IN



87 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup salad dressing italian
- ☐ 15 oz cannellini beans white rinsed mashed drained canned (kidney)
- ☐ 1.5 cups turkey diced cooked
- ☐ 10 ounces spinach frozen thawed chopped
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 3 eggs slightly beaten
- ☐ 1.3 cups milk
- ☐ 0.3 cup slivered almonds

☐ 1.3 cups frangelico

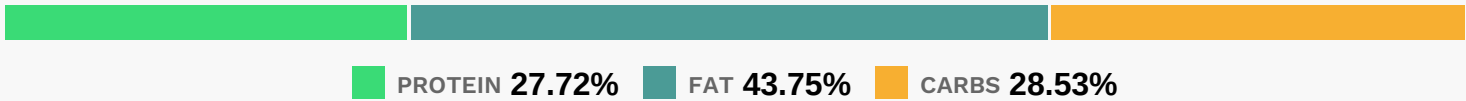
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ springform pan

Directions

- ☐ Heat oven to 375°F.
- ☐ Mix Bisquick mix, dressing and beans.
- ☐ Spread in bottom and 2 inches up side of springform pan, 9x3 inches.
- ☐ Bake 10 to 12 minutes or until set.
- ☐ Layer with turkey, spinach and cheese.
- ☐ Mix eggs and milk; pour over cheese.
- ☐ Sprinkle evenly with almonds.
- ☐ Bake 50 to 55 minutes or until golden brown and knife inserted near center comes out clean.
- ☐ Let stand 10 minutes. Loosen edge of torta from side of pan; remove side of pan.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:4.67, Inflammation Score:-10, Nutrition Score:27.52869564554%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg

0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 314.27kcal (15.71%), Fat: 15.57g (23.95%), Saturated Fat: 5.17g (32.31%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 17.31g (6.3%), Sugar: 4.92g (5.47%), Cholesterol: 120.76mg (40.25%), Sodium: 365.1mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.19g (44.39%), Vitamin K: 185.79µg (176.94%), Vitamin A: 5888.03IU (117.76%), Manganese: 0.86mg (42.78%), Folate: 130.62µg (32.66%), Phosphorus: 325.75mg (32.57%), Calcium: 303.55mg (30.35%), Selenium: 20.7µg (29.57%), Vitamin B2: 0.47mg (27.68%), Vitamin E: 4.07mg (27.11%), Magnesium: 107.17mg (26.79%), Fiber: 5.52g (22.09%), Iron: 3.95mg (21.95%), Potassium: 716.83mg (20.48%), Vitamin B12: 1.2µg (20.07%), Vitamin B6: 0.38mg (18.76%), Zinc: 2.74mg (18.27%), Copper: 0.33mg (16.72%), Vitamin B3: 2.54mg (12.7%), Vitamin B1: 0.18mg (12.15%), Vitamin B5: 0.96mg (9.59%), Vitamin D: 1.15µg (7.66%), Vitamin C: 2.65mg (3.21%)