

Stuffed Turkey Roll Ups

Yield: 4 min
Total Time: 48 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-turkey-roll-up-recipe>

Ingredients:

- 2 turkey breast large
- 2/3 cup ricotta cheese part skin
- 1/4 cup egg whites
- 2/3 cup Italian bread crumbs
- 1/4 shredded mozzarella cheese
- 2 cups baby spinach
- 1 clove garlic minced
- 1 tablespoon olive oil
- basil for garnish, optional

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 155 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 61 grams
7. SaturatedFat: 6 grams
8. Sodium: 610 milligrams
9. Sugar: 2 grams

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