



## Asian Turkey Patties and Vegetables

READY IN



25 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cranberry-orange relish
- 0.3 cup hawaiian rolls
- 1 tablespoon brown sugar packed
- 1 pound vegetable burgers
- 16 ounces savory vegetable fresh

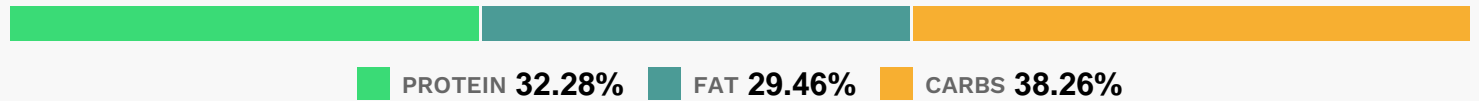
### Equipment

- frying pan

## Directions

- Grate 1 teaspoon peel from orange. Peel orange; discard peel.
- Cut orange into thin wedges or slices.
- Mix stir-fry sauce, brown sugar and orange peel.
- Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook turkey in skillet about 3 minutes on each side or until light brown.
- Move turkey to one side of skillet.
- Add stir-fry sauce mixture and vegetables to other side of skillet; stir well to coat vegetables with sauce.
- Heat to boiling; reduce heat to medium. Cover and cook 10 to 12 minutes; stirring occasionally, until vegetables are crisp-tender. Stir in orange wedges.
- Serve turkey topped with vegetable mixture.

## Nutrition Facts



## Properties

Glycemic Index:21.88, Glycemic Load:6.14, Inflammation Score:-10, Nutrition Score:11.708695652692%

## Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 344.31kcal (17.22%), Fat: 11.13g (17.12%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 27.2g (9.89%), Sugar: 8.76g (9.73%), Cholesterol: 87.89mg (29.3%), Sodium: 214.53mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.44g (54.88%), Vitamin A: 5932.97IU (118.66%), Vitamin C: 29.22mg (35.41%), Fiber: 5.32g (21.29%), Manganese: 0.29mg (14.34%), Iron: 2.22mg (12.33%), Vitamin B1: 0.17mg (11.12%), Folate: 42.74µg (10.69%), Potassium: 303.67mg (8.68%), Magnesium: 30.76mg (7.69%), Vitamin B3: 1.52mg (7.58%), Phosphorus: 71.61mg (7.16%), Vitamin B6: 0.13mg (6.49%), Vitamin B2: 0.11mg (6.44%), Calcium: 64.12mg (6.41%), Copper: 0.12mg (6.08%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.27mg (2.71%)