



Bombay Sliders with Garlic Curry Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



1049 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6.3 teaspoons curry powder divided
- ☐ 12 small dinner rolls lightly toasted
- ☐ 6 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 0.3 cup spring onion minced
- ☐ 2 teaspoons ground cumin
- ☐ 2 pounds pd of ground turkey
- ☐ 0.8 teaspoon paprika hot

- ☐ 1.5 tablespoons catsup
- ☐ 1 cup mayonnaise divided
- ☐ 1 tablespoon olive oil
- ☐ 1.5 tablespoons yogurt plain
- ☐ 1 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ spatula

Directions

- ☐ Mix 3/4 cup mayonnaise, 2 1/4 teaspoons curry powder, and next 3 ingredients in small bowl for sauce.
- ☐ Let stand at room temperature while preparing sliders.
- ☐ Place turkey, next 6 ingredients, remaining 1/4 cup mayonnaise, and 4 teaspoons curry powder in large bowl.
- ☐ Mix with fork or hands just until blended (do not overmix). Divide mixture into 12 equal portions. Using wet hands, form each portion into patty about 1/2 inch thick.
- ☐ Preheat broiler or heat 1 tablespoon oil in heavy large skillet over medium-high heat. If broiling patties, brush rimmed baking sheet with 1 tablespoon oil and arrange patties on sheet. Broil (or cover patties in skillet and cook in batches) until cooked through, pressing patties down lightly with spatula before turning over, about 3 minutes per side (or 4 minutes per side if cooking in skillet).
- ☐ Place patties on bottom halves of rolls. Top each patty with sauce. Cover with roll tops.
- ☐ Place 3 sliders on each of 4 plates and serve.

Nutrition Facts



 **PROTEIN 25.08%**  **FAT 50.18%**  **CARBS 24.74%**

Properties

Glycemic Index:50.75, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:42.160000002902%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 1049.2kcal (52.46%), Fat: 58.93g (90.67%), Saturated Fat: 10.34g (64.6%), Carbohydrates: 65.36g (21.79%), Net Carbohydrates: 58.91g (21.42%), Sugar: 4.33g (4.82%), Cholesterol: 149.23mg (49.74%), Sodium: 1788.55mg (77.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.27g (132.54%), Vitamin B3: 27.62mg (138.08%), Selenium: 94.97µg (135.67%), Vitamin K: 115.34µg (109.85%), Vitamin B6: 2.13mg (106.27%), Manganese: 1.55mg (77.55%), Phosphorus: 691.35mg (69.13%), Vitamin B1: 0.73mg (48.61%), Iron: 8.3mg (46.09%), Vitamin B2: 0.65mg (37.98%), Zinc: 5.53mg (36.87%), Magnesium: 129.78mg (32.45%), Calcium: 280.56mg (28.06%), Potassium: 968.74mg (27.68%), Folate: 109.25µg (27.31%), Vitamin E: 3.94mg (26.26%), Vitamin B5: 2.62mg (26.23%), Fiber: 6.46g (25.83%), Vitamin B12: 1.25µg (20.86%), Copper: 0.4mg (19.75%), Vitamin A: 460.46IU (9.21%), Vitamin D: 1.03µg (6.84%), Vitamin C: 2.45mg (2.97%)