



California-Style Turkey Patties with Corn and Tomato Relish

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 1 cup celery stalks sliced
- ☐ 12 cherry tomatoes cut into fourths
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 lb pd of ground turkey
- ☐ 0.5 cup onion chopped
- ☐ 1 cup breadcrumbs soft ()

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup chicken broth (from 32-oz carton)

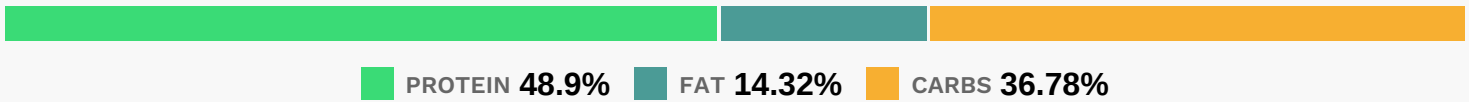
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ In medium bowl, mix all relish ingredients; set aside.
- ☐ In large bowl, mix remaining ingredients. Shape mixture into 6 patties, each about 1/2 inch thick.
- ☐ Set oven control to broil. Spray broiler pan rack with cooking spray.
- ☐ Place patties on rack in broiler pan. Broil with tops 4 inches from heat about 12 minutes, turning once, until no longer pink in center.
- ☐ Serve patties with relish.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:16.824782392253%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 252.47kcal (12.62%), Fat: 4.03g (6.2%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 21.71g (7.89%), Sugar: 2.94g (3.26%), Cholesterol: 62.63mg (20.88%), Sodium: 534.34mg (23.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.96g (61.92%), Vitamin B3: 12.89mg (64.46%), Vitamin B6: 1.05mg (52.57%), Selenium: 29.96µg (42.8%), Phosphorus: 326.9mg (32.69%), Vitamin B1: 0.28mg (18.54%), Zinc: 2.51mg (16.72%), Potassium: 576.1mg (16.46%), Vitamin C: 12.08mg (14.64%), Manganese: 0.29mg (14.47%), Folate: 57.43µg (14.36%), Vitamin B2: 0.23mg (13.45%), Magnesium: 53.17mg (13.29%), Vitamin B5: 1.21mg (12.08%), Iron: 2.17mg (12.07%), Vitamin B12: 0.64µg (10.73%), Copper: 0.17mg (8.42%), Vitamin K: 7.26µg (6.92%), Fiber: 1.58g (6.32%), Vitamin A: 271.47IU (5.43%), Calcium: 52.23mg (5.22%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.35mg (2.31%)