



Cheesy turkey nuggets with smoking chips

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 3 tbsp parmesan finely grated
- ☐ 3 garlic clove crushed finely chopped
- ☐ 500 g turkey breast halved
- ☐ 750 g potatoes thick cut into chips
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 65 g breadcrumbs fresh (all crusts if possible)
- ☐ 0.5 tsp paprika smoked
- ☐ 4 servings the salad

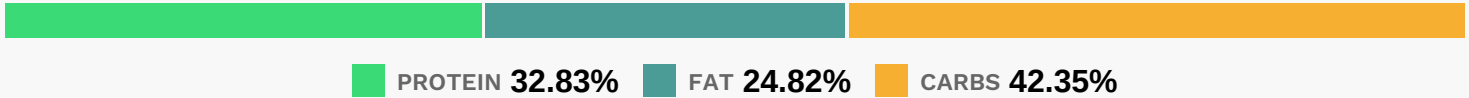
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Beat the egg in a bowl with the Parmesan, crushed garlic and some seasoning, then stir in the turkey pieces.
- ☐ Toss potatoes in the oil, then spread out on a baking tray and bake for 15 mins.
- ☐ Meanwhile, toss the turkey into the breadcrumbs and spread out on another baking tray. Take the chips from the oven and tip in a bowl with the chopped garlic, paprika and sea salt.
- ☐ Mix well, then spread back out on the tray and return to the oven with the turkey.
- ☐ Bake for 10–12 mins, then serve with a salad.

Nutrition Facts



Properties

Glycemic Index:38.94, Glycemic Load:24.23, Inflammation Score:-7, Nutrition Score:27.762173777041%

Flavonoids

Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 437.58kcal (21.88%), Fat: 12.19g (18.76%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 41.83g (15.21%), Sugar: 2.65g (2.95%), Cholesterol: 110.97mg (36.99%), Sodium: 474.35mg (20.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.29g (72.57%), Vitamin B6: 1.63mg (81.45%), Vitamin B3: 15.74mg (78.69%), Vitamin C: 46.92mg (56.87%), Selenium: 37.75µg (53.93%), Phosphorus: 496.32mg (49.63%), Potassium: 1225.88mg (35.03%), Manganese: 0.55mg (27.46%), Vitamin B1: 0.37mg (24.77%), Vitamin B2: 0.4mg (23.24%), Magnesium: 89.74mg (22.44%), Vitamin E: 3.18mg (21.2%), Fiber: 4.99g (19.96%), Iron: 3.49mg

(19.38%), Folate: 76.56µg (19.14%), Vitamin B5: 1.87mg (18.67%), Zinc: 2.77mg (18.47%), Copper: 0.35mg (17.33%), Vitamin B12: 0.99µg (16.45%), Vitamin A: 695.17IU (13.9%), Calcium: 130.14mg (13.01%), Vitamin K: 5.35µg (5.09%), Vitamin D: 0.36µg (2.42%)