



Greek Turkey Sliders

READY IN



30 min.

SERVINGS



6

CALORIES



376 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cucumber peeled chopped
- 6 tablespoons parsley fresh chopped
- 12 hawaiian rolls split mini toasted
- 1 lb pd of ground turkey 93% lean (at least)
- 0.3 cup olive tapenade
- 0.5 teaspoon pepper freshly ground
- 0.5 cup greek yogurt plain
- 0.8 teaspoon salt
- 0.5 cup cream sour

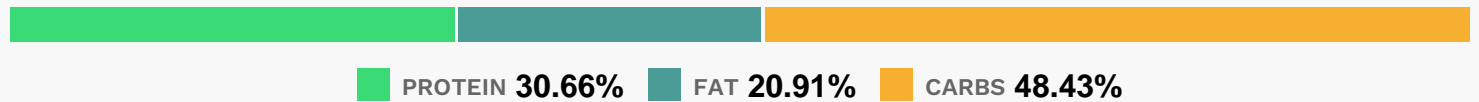
Equipment

- bowl
- kitchen thermometer
- grill pan

Directions

- In large bowl, gently mix the turkey, 4 tablespoons of the parsley, the tapenade, salt and 1/4 teaspoon of the pepper until blended. Shape mixture into 12 small patties, about 1/2 inch thick.
- Spray grill pan with cooking spray; heat over medium-high heat.
- Add patties; cook 6 to 8 minutes, turning once, until meat thermometer inserted in center of patties reads 165°F.
- Meanwhile, in small bowl, mix yogurt, sour cream, chopped cucumber and remaining 2 tablespoons parsley and 1/4 teaspoon pepper. On each bun bottom, place about 1 heaping tablespoon yogurt sauce, 2 cucumber slices, and 1 patty. Cover with bun tops.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:25.84, Inflammation Score:-6, Nutrition Score:21.557825855587%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 375.92kcal (18.8%), Fat: 8.67g (13.34%), Saturated Fat: 3.06g (19.09%), Carbohydrates: 45.18g (15.06%), Net Carbohydrates: 43.38g (15.77%), Sugar: 7.65g (8.5%), Cholesterol: 53.72mg (17.91%), Sodium: 768.52mg (33.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.61g (57.21%), Vitamin K: 71.09µg (67.7%), Selenium: 42.48µg (60.69%), Vitamin B3: 11.05mg (55.23%), Vitamin B6: 0.73mg (36.52%), Vitamin B1: 0.53mg (35.23%), Phosphorus: 300.61mg (30.06%), Manganese: 0.52mg (26.01%), Vitamin B2: 0.42mg (24.75%), Folate: 96.86µg

(24.22%), Iron: 3.85mg (21.38%), Calcium: 171.96mg (17.2%), Zinc: 2.17mg (14.5%), Magnesium: 49.08mg (12.27%), Vitamin B12: 0.71µg (11.91%), Potassium: 414.9mg (11.85%), Vitamin A: 485.69IU (9.71%), Vitamin C: 6.97mg (8.44%), Vitamin B5: 0.83mg (8.3%), Copper: 0.16mg (8.01%), Fiber: 1.8g (7.2%), Vitamin E: 0.39mg (2.63%), Vitamin D: 0.3µg (2.02%)