



Greek Turkey Sliders

READY IN



30 min.

SERVINGS



6

CALORIES



378 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cucumber peeled chopped
- 6 servings cucumber unpeeled thinly sliced
- 6 tablespoons parsley fresh chopped
- 0.5 cup yogurt plain yoplait® (from 2-lb container)
- 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
- 0.8 teaspoon salt

0.5 cup cream sour

Equipment

bowl

kitchen thermometer

grill pan

Directions

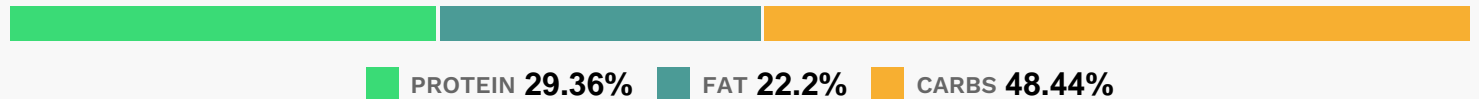
In large bowl, gently mix the turkey, 4 tablespoons of the parsley, the tapenade, salt and 1/4 teaspoon of the pepper until blended. Shape mixture into 12 small patties, about 1/2 inch thick.

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 165F.

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:29.17, Glycemic Load:26.02, Inflammation Score:-6, Nutrition Score:21.502608641334%

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: 378.32kcal (18.92%), Fat: 9.27g (14.27%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 43.74g (15.91%), Sugar: 8.07g (8.96%), Cholesterol: 55.54mg (18.51%), Sodium: 771.93mg (33.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.6g (55.21%), Vitamin K: 71.2µg (67.81%), Selenium:

41.28µg (58.98%), Vitamin B3: 11.03mg (55.13%), Vitamin B6: 0.73mg (36.34%), Vitamin B1: 0.53mg (35.4%), Phosphorus: 297.55mg (29.76%), Manganese: 0.52mg (26.01%), Folate: 97.27µg (24.32%), Vitamin B2: 0.4mg (23.72%), Iron: 3.85mg (21.38%), Calcium: 178.3mg (17.83%), Zinc: 2.21mg (14.72%), Magnesium: 49.81mg (12.45%), Potassium: 424.41mg (12.13%), Vitamin B12: 0.67µg (11.22%), Vitamin A: 505.95IU (10.12%), Vitamin C: 7.1mg (8.61%), Vitamin B5: 0.86mg (8.56%), Copper: 0.16mg (7.99%), Fiber: 1.81g (7.23%), Vitamin E: 0.41mg (2.7%), Vitamin D: 0.32µg (2.15%)