



Grilled Asian Turkey Patties

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



95 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb pd of ground turkey lean
- ☐ 0.5 cup mushrooms fresh chopped
- ☐ 0.3 cup spring onion chopped (4 medium)
- ☐ 0.3 cup bell pepper red finely chopped ()
- ☐ 2 tablespoons soy sauce reduced-sodium
- ☐ 1 teaspoon water chopped (from 4.5-oz jar)
- ☐ 1 tablespoon teriyaki sauce (from 12-oz bottle)

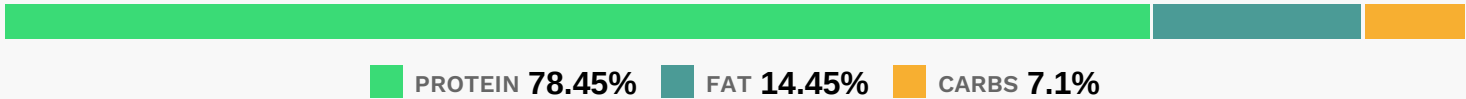
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat closed contact grill for 5 minutes.
- ☐ Meanwhile, in large bowl, mix all ingredients except teriyaki baste and glaze. Shape mixture into 6 patties, 1/2 inch thick.
- ☐ When grill is heated, place patties on bottom grill surface. Close grill; cook 8 to 10 minutes or until patties are no longer pink in center.
- ☐ Spread 1/2 teaspoon teriyaki baste and glaze on each patty.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:9.3630433523137%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 95.09kcal (4.75%), Fat: 1.54g (2.38%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.97g (1.07%), Cholesterol: 41.58mg (13.86%), Sodium: 346.81mg (15.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.73%), Vitamin B3: 7.81mg (39.05%), Vitamin B6: 0.69mg (34.42%), Selenium: 17.54µg (25.06%), Phosphorus: 195.12mg (19.51%), Vitamin C: 8.9mg (10.79%), Zinc: 1.45mg (9.66%), Potassium: 298.58mg (8.53%), Vitamin K: 8.93µg (8.5%), Vitamin B5: 0.83mg (8.31%), Vitamin B2: 0.14mg (7.94%), Magnesium: 29.74mg (7.44%), Vitamin B12: 0.39µg (6.48%), Vitamin A: 254.82IU (5.1%), Iron: 0.83mg (4.63%), Vitamin B1: 0.06mg (4.14%), Copper: 0.08mg (3.98%), Folate: 15.52µg (3.88%), Manganese: 0.04mg (2.23%), Vitamin D: 0.32µg (2.12%), Fiber: 0.36g (1.44%), Vitamin E: 0.2mg (1.31%)