



## Grilled Patty Melts with Smothered Onions

READY IN



40 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb pd of ground turkey 80% lean (at least )
- 0.3 teaspoon thyme leaves dried
- 0.3 teaspoon oregano dried
- 2 teaspoons dijon mustard
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 1 clove garlic finely chopped
- 8 slices cocktail rye bread
- 3 oz swiss cheese

- 1 teaspoon vegetable oil
- 2 medium onion separated thinly sliced
- 0.1 teaspoon salt
- 1 Dash pepper

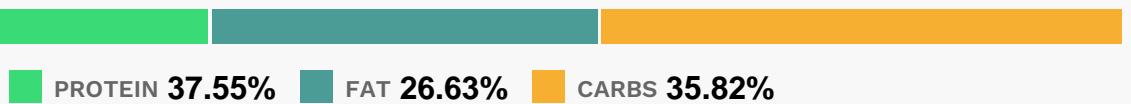
## Equipment

- bowl
- frying pan
- grill
- kitchen thermometer

## Directions

- Heat gas or charcoal grill. In medium bowl, mix all patty melt ingredients except bread and cheese. Shape mixture into 4 patties, about 3/4 inch thick. Refrigerate while cooking onions.
- In 8-inch skillet, heat oil over medium-high heat. Cook onions in oil, stirring frequently, until tender. Stir in salt and pepper; keep warm.
- Place patties on grill rack over medium heat. Cover grill; cook 12 to 15 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F.
- Add bread slices to side of grill for last 5 minutes of grilling, turning once, until lightly toasted. Top patties with cheese. Cover grill; cook about 1 minute longer or until cheese is melted.
- Place patties on bread; top with onions.

## Nutrition Facts



## Properties

Glycemic Index:70.58, Glycemic Load:15.55, Inflammation Score:-7, Nutrition Score:23.469565464103%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

## **Nutrients (% of daily need)**

Calories: 411.59kcal (20.58%), Fat: 12.19g (18.76%), Saturated Fat: 5.03g (31.42%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 32.05g (11.65%), Sugar: 4.84g (5.38%), Cholesterol: 82.14mg (27.38%), Sodium: 876.33mg (38.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.69g (77.39%), Selenium: 52.48µg (74.97%), Vitamin B3: 13.55mg (67.73%), Vitamin B6: 1.11mg (55.69%), Phosphorus: 479.71mg (47.97%), Manganese: 0.65mg (32.48%), Calcium: 258.05mg (25.81%), Vitamin B1: 0.38mg (25.49%), Zinc: 3.78mg (25.2%), Vitamin B2: 0.42mg (24.51%), Folate: 92.4µg (23.1%), Vitamin B12: 1.22µg (20.34%), Fiber: 4.86g (19.45%), Magnesium: 73.09mg (18.27%), Iron: 2.96mg (16.44%), Potassium: 546.49mg (15.61%), Vitamin B5: 1.45mg (14.53%), Copper: 0.22mg (11.16%), Vitamin C: 4.77mg (5.79%), Vitamin A: 220.79IU (4.42%), Vitamin K: 4.33µg (4.12%), Vitamin E: 0.55mg (3.7%), Vitamin D: 0.45µg (3.02%)