



Ground Turkey Skewers



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



24

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 lb pd of ground turkey
- ☐ 0.3 cup pecans finely chopped
- ☐ 0.3 cup onion finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper

- ☐ 1.8 cups mint-cilantro chutney spread shopping list warmed
- ☐ 24 frangelico (8 inch)

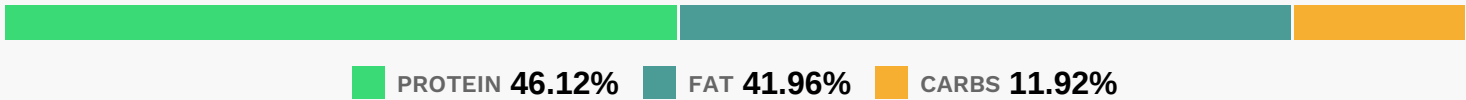
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Soak skewers in water 30 minutes to prevent burning.
- ☐ Meanwhile, heat oven to 375°F. Line 15x10x1-inch pan with foil or cooking parchment paper; lightly spray foil or paper with cooking spray. In medium bowl, mix all ingredients except chutney. Shape 1 rounded tablespoon of the turkey mixture around top third of each skewer.
- ☐ Place skewers in pan with turkey in center of pan and skewers to outside of pan.
- ☐ Bake 20 to 25 minutes or until turkey is no longer pink in center. Just before serving, brush 1/4 cup of the warmed chutney on turkey.
- ☐ Serve remaining chutney as dipping sauce.

Nutrition Facts



Properties

Glycemic Index:6.21, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:3.1086956631878%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate:

0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 51.02kcal (2.55%), Fat: 2.32g (3.56%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.12g (0.13%), Cholesterol: 12.99mg (4.33%), Sodium: 324.6mg (14.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Vitamin B3: 2.32mg (11.58%), Vitamin B6: 0.21mg (10.53%), Vitamin A: 417.13IU (8.34%), Selenium: 5.31µg (7.59%), Phosphorus: 58.18mg (5.82%), Vitamin C: 2.84mg (3.44%), Manganese: 0.07mg (3.29%), Zinc: 0.48mg (3.19%), Potassium: 80.07mg (2.29%), Magnesium: 8.93mg (2.23%), Vitamin B5: 0.22mg (2.22%), Vitamin B12: 0.12µg (2.01%), Vitamin B2: 0.03mg (1.63%), Iron: 0.29mg (1.61%), Vitamin B1: 0.02mg (1.6%), Copper: 0.03mg (1.51%)