

Leftover Turkey Patties

READY IN



50 min.

SERVINGS



8

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10.8 ounce cream of chicken soup canned
- 0.7 cup oatmeal cornflakes crushed
- 1 cup breadcrumbs dry
- 2 tablespoons flour all-purpose
- 0.1 teaspoon pepper black
- 2 cups half and half divided
- 1 teaspoon onion finely chopped
- 0.5 teaspoon salt
- 1 cup turkey meat cooked chopped

1 tablespoon vegetable oil

Equipment

bowl

frying pan

Directions

Heat oil in a large skillet over medium high heat. Blend in flour, salt, pepper and 1 cup of half-and-half. Reduce heat to low and simmer, stirring, until thick. Stir in turkey, onion and bread crumbs.

Mix well, then shape mixture into 8 small patties and refrigerate to chill for 30 minutes.

Place cornflake crumbs in a shallow dish or bowl and place remaining 1 cup half-and-half in a second shallow dish or bowl.

Heat oil in skillet. Dip patties in crumbs, then in cream, then in crumbs again; brown patties in the hot skillet, place in a serving dish and cover with soup.

Nutrition Facts



PROTEIN 14.56% **FAT 38.4%** **CARBS 47.04%**

Properties

Glycemic Index:22.13, Glycemic Load:2.22, Inflammation Score:-6, Nutrition Score:14.128695716029%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 278.88kcal (13.94%), Fat: 12.01g (18.47%), Saturated Fat: 5.43g (33.92%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 31.78g (11.56%), Sugar: 5.44g (6.05%), Cholesterol: 35.95mg (11.98%), Sodium: 712.92mg (31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.24g (20.49%), Iron: 7.03mg (39.04%), Vitamin B2: 0.53mg (31.29%), Vitamin B3: 6.17mg (30.84%), Vitamin B1: 0.44mg (29.43%), Vitamin B6: 0.51mg (25.74%), Folate: 92.12µg (23.03%), Vitamin B12: 1.37µg (22.75%), Selenium: 12.29µg (17.56%), Phosphorus: 147.07mg (14.71%), Vitamin A: 641.05IU (12.82%), Manganese: 0.2mg (10.16%), Calcium: 98.25mg (9.83%), Copper: 0.14mg (7.24%), Zinc: 1.08mg (7.17%), Magnesium: 26.29mg (6.57%), Vitamin K: 6.42µg (6.12%), Potassium: 202.05mg (5.77%), Vitamin C: 4.74mg (5.75%), Fiber: 1.32g (5.28%), Vitamin B5: 0.52mg (5.24%), Vitamin D: 0.74µg (4.97%), Vitamin E: 0.55mg (3.65%)