



Old-Fashioned Turkey Patty Melts

READY IN



30 min.

SERVINGS



5

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce baby bella mushrooms sliced
- ☐ 2 tablespoons butter plus more for spreading
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 pounds pd of ground turkey
- ☐ 5 servings bacon jam store-bought
- ☐ 5 slices grain bread whole toasted
- ☐ 1 large onion thinly sliced
- ☐ 5 slices provolone cheese

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons steak sauce

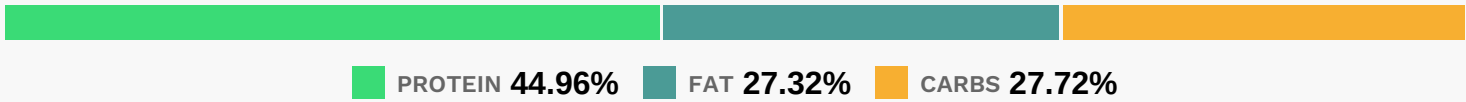
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill

Directions

- ☐ Preheat the oven to broil.
- ☐ In a large bowl, combine the turkey, steak sauce, thyme, salt and pepper. Shape the mixture into 5 patties. Cook the patties, in batches if necessary, in a skillet over medium heat until cooked through, about 6 minutes per side.
- ☐ In a large skillet, melt the 2 tablespoons butter over medium heat.
- ☐ Add the mushrooms and onion and cook until the onion is tender, 8 to 10 minutes, stirring frequently.
- ☐ Remove the mixture from the skillet; set aside and keep warm.
- ☐ Butter the bread on both sides and place on griddle and grill both sides until toasted.
- ☐ Remove and top with bacon jam if desired.
- ☐ Place the toasted bread in a single layer on a baking sheet. Top each with 1 patty. Divide the onion mixture among the patties, and top each with 1 slice cheese. Broil until the cheese melts.

Nutrition Facts



Properties

Glycemic Index:52.14, Glycemic Load:15.44, Inflammation Score:-7, Nutrition Score:29.1530434567%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 465.25kcal (23.26%), Fat: 14.25g (21.92%), Saturated Fat: 7.24g (45.27%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 29.65g (10.78%), Sugar: 13.69g (15.21%), Cholesterol: 124.94mg (41.65%), Sodium: 967.22mg (42.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.76g (105.52%), Vitamin B3: 20.72mg (103.59%), Selenium: 62.54µg (89.34%), Vitamin B6: 1.73mg (86.35%), Phosphorus: 636.28mg (63.63%), Manganese: 0.76mg (38.09%), Zinc: 4.9mg (32.68%), Vitamin B2: 0.55mg (32.33%), Potassium: 916.99mg (26.2%), Vitamin B5: 2.61mg (26.08%), Copper: 0.45mg (22.33%), Magnesium: 89.13mg (22.28%), Calcium: 220.78mg (22.08%), Vitamin B12: 1.26µg (20.96%), Vitamin B1: 0.29mg (19.28%), Iron: 2.9mg (16.11%), Folate: 48.63µg (12.16%), Fiber: 2.87g (11.49%), Vitamin A: 379.79IU (7.6%), Vitamin K: 6.84µg (6.51%), Vitamin D: 0.87µg (5.77%), Vitamin C: 4.49mg (5.44%), Vitamin E: 0.57mg (3.81%)