

DAIRY FREE

Sesame Turkey Cakes with Sweet Chili Sauce

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$0.77	209 kcal

You can never have too many American recipes, so give Sesame Turkey Cakes with Sweet Chili Sauce a try. This recipe makes 6 servings with 209 calories, 12g of protein, and 7g of fat each. For 77 cents per serving, this recipe covers 10% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 0.1 teaspoon freshly ground black pepper
- ☐ ½ cup sweetened chili sauce
- ☐ ½ cup dry breadcrumbs
- ☐ 1 garlic clove, minced
- ☐ 1 teaspoon ground cumin
- ☐ ¼ cup light mayonnaise
- ☐ 2 cups chopped cooked turkey
- ☐ ½ cup chopped water chestnuts
- ☐ ¼ cup finely chopped celery
- ☐ 1 cup cooked basmati rice
- ☐ 2 large egg whites, lightly beaten
- ☐ ½ cup finely chopped green onions
- ☐ 0.1 teaspoon ground red pepper
- ☐ 2 teaspoons sesame seeds, toasted
- ☐ 1 tablespoon vegetable oil, divided

EQUIPMENT Bowl, Frying pan

Method

- 1 Combine the first 11 ingredients in a large bowl.
- 2 Add dry breadcrumbs and sesame seeds; stir until well blended. Divide turkey mixture into 6 equal portions, shaping each portion into a 3/4-inch-thick patty.
- 3 Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium heat.
- 4 Add 3 patties; cook 3 minutes. Carefully turn patties; cook 3 minutes or until golden. Repeat procedure with remaining oil and patties.
- 5 Serve patties immediately with chili sauce.

Nutrition per serving

209	12 g	7 g	24 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.4 g · 8% of daily needs
Fibre			2.2 g · 9% of daily needs
Sugar			5 g · 6% of daily needs
Sodium			511 mg · 22% of daily needs
Cholesterol			25.4 mg · 8% of daily needs
Vitamin C			5.9 mg · 7% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sesame-turkey-cakes-with-sweet-chili-sauce-148503