



## Sweet and Sour Turkey Patties

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bread crumbs dry
- 1 eggs beaten
- 0.3 teaspoon ground pepper black
- 1 pound pd of ground turkey
- 0.5 cup catsup
- 0.5 cup maple syrup
- 3 tablespoons mustard
- 0.5 onion chopped

- 0.3 teaspoon salt
- 0.5 cup vegetable oil
- 0.3 cup vinegar

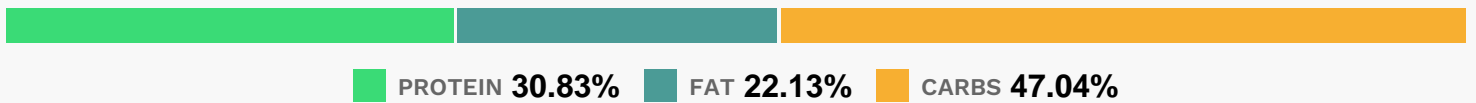
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C), and grease a 9x12 inch baking dish.
- Mix the ground turkey, bread crumbs, onion, egg, salt, and pepper in a bowl, and form into 6 patties.
- Place the patties in the prepared baking dish.
- Stir together the maple syrup, ketchup, mustard, vinegar, and oil in a bowl, and set aside.
- Bake the patties in the preheated oven for 20 minutes, remove from oven, and turn them over.
- Drizzle the patties with the maple syrup mixture, return to the oven, and bake until the patties are browned and the sauce is bubbling and thickened, about 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:29.58, Glycemic Load:6.82, Inflammation Score:-4, Nutrition Score:13.72521739939%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 265.84kcal (13.29%), Fat: 6.57g (10.1%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 30.44g (11.07%), Sugar: 21.42g (23.8%), Cholesterol: 68.86mg (22.95%), Sodium: 478.65mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.58g (41.16%), Vitamin B3: 8.3mg (41.52%), Manganese: 0.79mg (39.3%), Vitamin B6: 0.72mg (35.96%), Selenium: 24.02µg (34.31%), Vitamin B2: 0.53mg (31.22%), Phosphorus: 217.49mg (21.75%), Zinc: 1.84mg (12.29%), Vitamin B1: 0.18mg (11.68%), Potassium: 393.32mg (11.24%), Magnesium: 39.68mg (9.92%), Vitamin B5: 0.87mg (8.72%), Vitamin B12: 0.48µg (8.04%), Vitamin K: 8.18µg (7.79%), Iron: 1.4mg (7.76%), Calcium: 62.99mg (6.3%), Folate: 23.21µg (5.8%), Vitamin E: 0.76mg (5.04%), Copper: 0.1mg (5%), Fiber: 0.96g (3.86%), Vitamin A: 167.06IU (3.34%), Vitamin D: 0.45µg (2.99%), Vitamin C: 1.53mg (1.85%)