



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

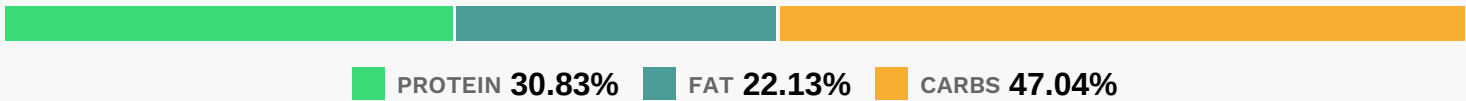
Equipment

- ☐ 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%)