



Thanksgiving Turkey Sliders

READY IN



90 min.

SERVINGS



8

CALORIES



569 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby arugula packed
- ☐ 3 tablespoons butter
- ☐ 0.8 pound crimini mushrooms assorted sliced
- ☐ 16 dinner rolls split soft
- ☐ 1.5 tablespoons sage fresh chopped
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 4 garlic clove minced
- ☐ 2 pounds pd of ground turkey
- ☐ 1.5 teaspoons kosher salt divided

- ☐ 0.8 cup mayonnaise divided
- ☐ 8 servings mustard
- ☐ 0.5 teaspoon pepper divided
- ☐ 0.5 cup onion red chopped
- ☐ 0.5 onion yellow sliced into rings

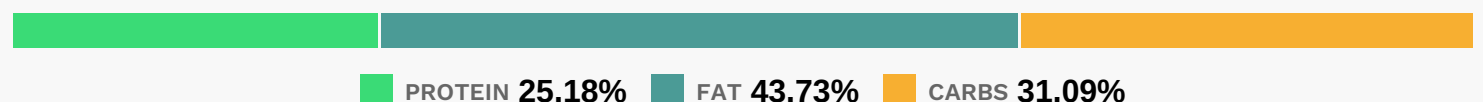
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ tongs

Directions

- ☐ Cook garlic in butter in a large frying pan over medium-high heat until fragrant. Stir in mushrooms and yellow onion and saut until mushrooms are nicely browned, about 8 minutes. Season with 1/4 tsp. salt and 1/8 tsp. pepper. Set aside.
- ☐ Mix together remaining salt and pepper, turkey, red onion, herbs, and 1/4 cup mayonnaise in a bowl. Shape into 16 patties about 3 in. wide, pressing a dimple into middle of each (this helps them cook evenly).
- ☐ Heat grill to high (450 to 550). Brown rolls on cut sides until toasted, about 1 minute. Oil cooking grates, using a wad of oiled paper towels and tongs. Cook patties until grill marks appear on both sides, turning once, 5 to 6 minutes total.
- ☐ Reheat mushroom mixture over high heat and assemble burgers: about 1 tbsp. cranberry mustard on bottom of each roll, then arugula, patties, and mushroom mixture.
- ☐ Spread tops of rolls with a little mayonnaise and set on burgers.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:32.631304274435%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 568.59kcal (28.43%), Fat: 27.95g (43.01%), Saturated Fat: 7.07g (44.19%), Carbohydrates: 44.73g (14.91%), Net Carbohydrates: 40.24g (14.63%), Sugar: 3.16g (3.51%), Cholesterol: 82.48mg (27.49%), Sodium: 1171.68mg (50.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.21g (72.43%), Copper: 3.85mg (192.59%), Selenium: 67.05µg (95.79%), Vitamin B3: 16.23mg (81.17%), Manganese: 1.19mg (59.56%), Vitamin B6: 1.14mg (56.91%), Phosphorus: 421.21mg (42.12%), Vitamin K: 42.74µg (40.71%), Vitamin B2: 0.59mg (34.8%), Vitamin B1: 0.51mg (34.14%), Iron: 4.8mg (26.68%), Zinc: 3.43mg (22.87%), Vitamin B5: 2.07mg (20.66%), Folate: 81.77µg (20.44%), Potassium: 703.2mg (20.09%), Magnesium: 79.74mg (19.93%), Calcium: 198.39mg (19.84%), Fiber: 4.49g (17.98%), Vitamin B12: 0.65µg (10.92%), Vitamin E: 1.25mg (8.32%), Vitamin A: 379.7IU (7.59%), Vitamin C: 5.29mg (6.41%), Vitamin D: 0.54µg (3.59%)