



Turkey and Stuffing Cakes

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



159 kcal

Ingredients

- 1 cup celery finely chopped
- 1 chipotle pepper in adobo sauce canned finely chopped
- 2 Tbsp grey poupon dijon mustard
- 1 eggs
- 0.5 cup flour
- 0.5 cup real mayo mayonnaise kraft
- 2 Tbsp oil
- 0.5 cup classic ranch dressing kraft
- 2 cups stove top stuffing mix leftover prepared for chicken

2 cups turkey leftover cooked finely chopped

Equipment

frying pan

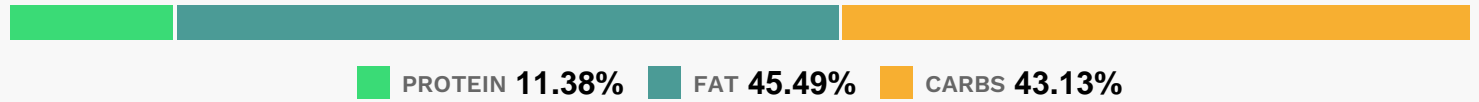
Directions

Mix all ingredients except oil and dressing until well blended. Shape into 8 patties.

Cook in hot oil in large skillet on medium heat 4 to 5 min. on each side or until golden brown on both sides.

Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:1.41, Inflammation Score:-2, Nutrition Score:5.1643478831519%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 158.59kcal (7.93%), Fat: 7.94g (12.21%), Saturated Fat: 1.28g (8%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 16.09g (5.85%), Sugar: 1.95g (2.16%), Cholesterol: 15.59mg (5.2%), Sodium: 365.51mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Selenium: 12.86µg (18.37%), Vitamin K: 15.96µg (15.2%), Folate: 39.71µg (9.93%), Vitamin B1: 0.14mg (9.42%), Vitamin B3: 1.87mg (9.35%), Manganese: 0.14mg (7.12%), Vitamin B2: 0.12mg (7.04%), Phosphorus: 59.56mg (5.96%), Iron: 1mg (5.56%), Vitamin B6: 0.09mg (4.31%), Vitamin E: 0.56mg (3.76%), Fiber: 0.85g (3.4%), Copper: 0.06mg (3.01%), Magnesium: 11.63mg (2.91%), Zinc: 0.39mg (2.57%), Calcium: 24.67mg (2.47%), Potassium: 85.75mg (2.45%), Vitamin B5: 0.24mg (2.37%), Vitamin B12: 0.13µg (2.17%)