



Turkey and Wild Mushroom Meatloaf Patties with Pan Gravy

READY IN



39 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs italian
- ☐ 2 tablespoons butter
- ☐ 2 cups chicken stock see
- ☐ 8 cremini mushrooms chopped (baby portobellos)
- ☐ 1 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.3 pounds pd of ground turkey
- ☐ 3 tablespoons olive oil extra-virgin for the mushrooms, 1 turn for the patties

- ☐ 1 teaspoon poultry seasoning
- ☐ 4 servings salt and pepper
- ☐ 1 shallots chopped
- ☐ 8 mushroom caps chopped
- ☐ 1 tablespoon worcestershire sauce

Equipment

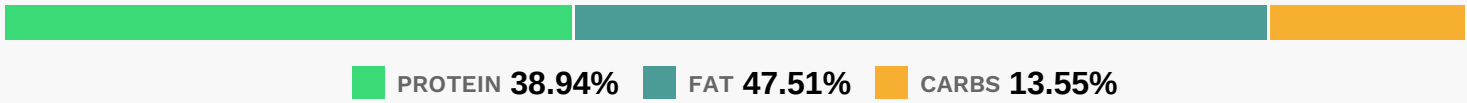
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ stove

Directions

- ☐ Heat a nonstick skillet over medium high heat.
- ☐ Add oil, 2 turns of the pan.
- ☐ Add chopped mushrooms and shallots and season with salt and pepper.
- ☐ Saute mushrooms 5 or 6 minutes until dark and tender.
- ☐ Remove from heat.
- ☐ Transfer mushrooms to a bowl and return pan to stove top to preheat to cook patties.
- ☐ Add turkey to the mushroom mixture. Make a well in the center of the meat.
- ☐ Add sage, Worcestershire sauce, bread crumbs and beaten egg and season with salt and pepper.
- ☐ Mix turkey meat loaf and make a small 1-inch patty.
- ☐ Place meat in the hot pan and cook 1 minute on each side. Taste the mini patty to help you adjust seasonings. Divide meat loaf mixture into 4 equal parts by scoring the meat before you form patties. Form 4 equal oval patties 1 inch thick.
- ☐ Add 1 tablespoon extra-virgin olive oil, 1 turn of the pan, and arrange patties in the skillet. Cook 6 minutes on each side and transfer to a serving plate or individual dinner plates. Return pan to heat and add butter. When butter melts, whisk in flour and cook 1 to 2 minutes.

Whisk in stock and season gravy with poultry seasoning, salt and pepper, to taste. Simmer gravy until it reaches desired thickness, and pour over patties, reserving a little to pass at the table.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:2.71, Inflammation Score:-5, Nutrition Score:24.553913214932%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 432.09kcal (21.6%), Fat: 23.1g (35.55%), Saturated Fat: 7.21g (45.09%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 13.4g (4.87%), Sugar: 5.32g (5.91%), Cholesterol: 142.73mg (47.58%), Sodium: 577.46mg (25.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.61g (85.22%), Vitamin B3: 19.63mg (98.14%), Vitamin B6: 1.54mg (77.19%), Selenium: 52.9µg (75.57%), Phosphorus: 490.94mg (49.09%), Vitamin B2: 0.6mg (35.27%), Potassium: 923.26mg (26.38%), Vitamin B5: 2.56mg (25.61%), Zinc: 3.79mg (25.25%), Copper: 0.42mg (21.2%), Magnesium: 63.72mg (15.93%), Vitamin B12: 0.92µg (15.35%), Vitamin B1: 0.23mg (15%), Iron: 2.67mg (14.83%), Vitamin E: 1.95mg (13%), Folate: 49.34µg (12.33%), Vitamin K: 11.21µg (10.68%), Manganese: 0.21mg (10.6%), Vitamin D: 0.98µg (6.51%), Vitamin A: 292.5IU (5.85%), Fiber: 1.42g (5.68%), Calcium: 36.36mg (3.64%), Vitamin C: 1.35mg (1.64%)