



Turkey-Hummus Sliders

READY IN



40 min.

SERVINGS



16

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon mint leaves dried
- 1 cucumber diced english
- 0.5 cup feta cheese crumbled
- 0.5 cup parsley fresh chopped
- 2 teaspoons ground coriander
- 1.5 pounds pd of ground turkey
- 16 servings kosher salt and pepper freshly ground
- 4 tablespoons olive oil extra-virgin
- 16 pita pockets whole wheat split warmed mini

- 2 to 3 plum tomatoes sliced
- 2 tablespoons red wine vinegar
- 1 cup roasted pepper red (a 7-ounce container)

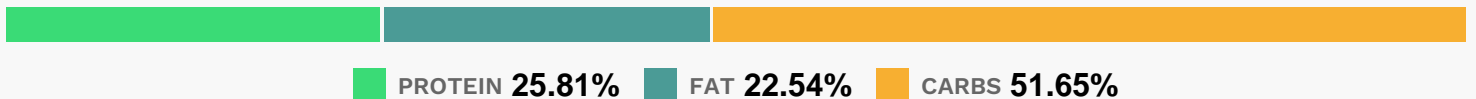
Equipment

- bowl
- frying pan

Directions

- Toss the cucumber, feta, vinegar, mint, 1 tablespoon olive oil and a pinch each of salt and pepper in a bowl; cover and refrigerate.
- Mix the turkey, 1/2 cup hummus, the parsley and coriander in a bowl; season generously with pepper. Dampen your hands and shape the mixture into 16 small patties, about 1/2 inch thick.
- Heat 1 1/2 tablespoons olive oil in a medium cast-iron skillet over medium-high heat.
- Add half of the patties and cook until browned and cooked through, about 2 minutes per side.
- Transfer to a plate. Cook the remaining patties in the remaining 1 1/2 tablespoons olive oil.
- Mix the remaining 1/2 cup hummus with a splash of hot water in a bowl.
- Spread some of the hummus on the inside of each pita; fill with a tomato slice, turkey patty and some of the cucumber mixture.
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:6.06, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:15.959565193757%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 245.36kcal (12.27%), Fat: 6.42g (9.87%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 29.2g (10.62%), Sugar: 2.14g (2.38%), Cholesterol: 27.56mg (9.19%), Sodium: 626.69mg (27.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.06%), Manganese: 1.03mg (51.43%), Selenium: 34.89µg (49.84%), Vitamin K: 37.41µg (35.63%), Vitamin B3: 5.91mg (29.55%), Vitamin B6: 0.56mg (28.22%), Phosphorus: 223.58mg (22.36%), Vitamin B1: 0.24mg (15.72%), Fiber: 3.88g (15.53%), Magnesium: 58.15mg (14.54%), Iron: 2.43mg (13.49%), Zinc: 1.83mg (12.23%), Copper: 0.22mg (10.91%), Vitamin C: 8.21mg (9.95%), Vitamin B5: 0.95mg (9.52%), Potassium: 297.22mg (8.49%), Vitamin B2: 0.14mg (8.37%), Folate: 31.39µg (7.85%), Vitamin A: 321.41IU (6.43%), Vitamin E: 0.95mg (6.3%), Vitamin B12: 0.3µg (4.93%), Calcium: 45.24mg (4.52%), Vitamin D: 0.19µg (1.26%)