



Turkey Patties with Cranberry Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs
- 0.3 teaspoon ground pepper
- 1 tablespoon cornstarch
- 0.5 teaspoon sage dried
- 2 eggs
- 1 tablespoon garlic minced
- 1 teaspoon paprika
- 0.5 teaspoon pepper black
- 1 pound pd of ground turkey

- 1 cup heavy whipping cream
- 1 teaspoon salt
- 0.3 cup vegetable oil
- 1 tablespoon water cold
- 8 ounce roasted cranberry sauce whole canned

Equipment

- bowl
- frying pan
- oven
- whisk
- aluminum foil
- stove

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Mix together the turkey, eggs, 1 cup bread crumbs, garlic, salt, paprika, sage, black pepper, and cayenne pepper in a bowl. Divide mixture into 4 patties. Coat each patty with 1/4 cup breadcrumbs.
- Heat the oil in a cast iron skillet over medium heat. Cook patties in the heated oil until browned, 4 to 5 minutes each side. Keeping the patties in the skillet, remove about 1/2 the remaining oil from the skillet; add the cranberry sauce to the skillet; cover with aluminum foil.
- Place the covered skillet in the preheated oven and cook the patties until they reach an internal temperature of 165 degrees F (75 degrees C), about 15 minutes.
- Remove patties from the skillet and wrap in aluminum foil to keep warm.
- Return skillet to medium heat on stove. Stir the heavy cream into the cranberry sauce.
- Whisk together the cornstarch and water; slowly add to the skillet; cook and stir until sauce thickens.
- Pour sauce over patties to serve.

Nutrition Facts

PROTEIN 20.31% FAT 52.74% CARBS 26.95%

Properties

Glycemic Index:27.25, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:22.451738730721%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 691.09kcal (34.55%), Fat: 41.03g (63.12%), Saturated Fat: 17.35g (108.46%), Carbohydrates: 47.18g (15.73%), Net Carbohydrates: 45.01g (16.37%), Sugar: 21.61g (24.01%), Cholesterol: 211.44mg (70.48%), Sodium: 888.12mg (38.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.55g (71.1%), Vitamin B3: 12.99mg (64.95%), Selenium: 41.03µg (58.61%), Vitamin B6: 1.11mg (55.51%), Phosphorus: 387.96mg (38.8%), Vitamin K: 30.76µg (29.3%), Vitamin B2: 0.46mg (27.19%), Vitamin A: 1346.18IU (26.92%), Vitamin B1: 0.37mg (24.47%), Zinc: 2.89mg (19.24%), Manganese: 0.37mg (18.72%), Vitamin E: 2.71mg (18.06%), Iron: 3.05mg (16.94%), Vitamin B5: 1.66mg (16.64%), Vitamin B12: 0.96µg (16.06%), Potassium: 515.78mg (14.74%), Magnesium: 54.61mg (13.65%), Folate: 51.76µg (12.94%), Vitamin D: 1.85µg (12.3%), Calcium: 112.88mg (11.29%), Copper: 0.19mg (9.36%), Fiber: 2.18g (8.7%), Vitamin C: 1.65mg (2%)