



Turkey Patties with Piquant Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon parsley flakes dried
- ☐ 1 teaspoon mustard dry
- ☐ 2 tablespoons yogurt plain fat-free
- ☐ 2 tablespoons catsup reduced-calorie
- ☐ 0.5 cup onion red chopped (1 small)
- ☐ 1 pound turkey raw freshly ground

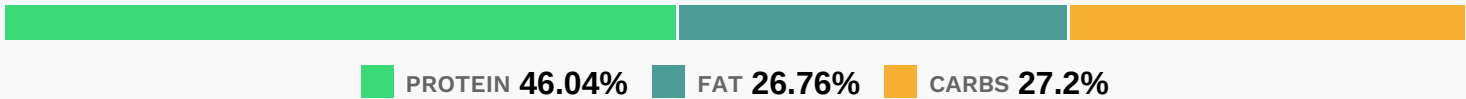
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine first 4 ingredients in a large bowl, mixing well. Shape mixture into 4 patties.
- ☐ Preheat broiler.
- ☐ Place patties on rack of a broiler pan coated with cooking spray; broil 3 inches from heat 4 to 5 minutes on each side or until done.
- ☐ While patties broil, combine sugar, ketchup, and dry mustard, stirring well.
- ☐ Spread mixture evenly over tops of patties; broil 30 additional seconds or just until ketchup mixture begins to bubble.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:9.1613043287526%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 161.5kcal (8.07%), Fat: 4.8g (7.38%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 10.41g (3.79%), Sugar: 9.15g (10.17%), Cholesterol: 58.17mg (19.39%), Sodium: 170.7mg (7.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.13%), Vitamin B3: 6.37mg (31.83%), Selenium: 18.84µg (26.92%), Vitamin B6: 0.53mg (26.62%), Phosphorus: 177.35mg (17.73%), Vitamin B12: 1.04µg (17.39%), Vitamin B2: 0.2mg (11.97%), Zinc: 1.64mg (10.91%), Potassium: 281.21mg (8.03%), Vitamin B5: 0.76mg (7.62%), Magnesium: 29.39mg (7.35%), Vitamin K: 7.15µg (6.81%), Manganese: 0.11mg (5.43%), Iron: 0.97mg (5.38%), Calcium: 46.49mg (4.65%), Copper: 0.09mg (4.38%), Vitamin B1: 0.06mg (3.9%), Folate: 13.08µg (3.27%), Vitamin C: 2.54mg (3.08%), Fiber: 0.56g (2.23%), Vitamin A: 94.51IU (1.89%), Vitamin E: 0.26mg (1.71%), Vitamin D: 0.24µg (1.61%)