



Turkey Patty Melt

READY IN



45 min.

SERVINGS



4

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoons canola oil
- 1 teaspoon dijon mustard
- 0.3 cup cooking sherry dry
- 2 tablespoons sage fresh minced
- 1 teaspoon thyme leaves fresh finely chopped
- 1.3 pounds pd of ground turkey
- 2 tablespoons olive oil
- 8 slices rye light
- 4 servings salt and freshly cracked pepper black

- 4 tablespoons butter salted softened
- 0.5 cup milk ricotta whole
- 2 teaspoons soya sauce
- 8 slices swiss cheese
- 2 tablespoons butter unsalted
- 2 teaspoons worcestershire sauce
- 4 servings mustard yellow for serving
- 3 large onions yellow

Equipment

- bowl
- frying pan
- oven
- pot

Directions

- For the turkey patties: In a large bowl, combine the turkey, ricotta, sage, soy sauce, Worcestershire sauce, Dijon and sprinkle with some salt and pepper. Divide into 4 equal patties and press them into 1/4-inch-thin rounds.
- Heat a cast-iron griddle pan to medium-high heat.
- Add the canola oil and sear the patties on the first side until golden brown, 3 to 4 minutes. Flip and cook for another 3 to 4 minutes until cooked through.
- Place a slice of Swiss cheese on each piece of bread, then a turkey burger, followed by about 1/4 cup Caramelized Onions.
- Place the top piece of bread on and then butter each side of the sandwich.
- Griddle each side over medium heat until golden, 2 to 3 minutes on each side. If you have a metal bowl, cover the sandwiches so they steam a bit and the cheese will melt faster.
- Serve with good ol' yellow mustard if you like and a big pile of oven fries.
- Heat a large heavy-bottomed pot over medium-high heat.
- Add the butter and olive oil, let the butter melt and then add in the onions and toss to coat.

- Sprinkle with salt and pepper, and then cover the pot and lower the heat to medium-low.
- Let the onions sweat, steam and soften for 10 to 15 minutes. Uncover the pan and let the onions cook for about an hour, checking on the onions frequently and stirring.
- Once the onions are fully caramelized, and a deep golden color, add the sherry and scrape up any bits from the bottom of the pan. Stir in the thyme, season with salt and pepper and set aside.

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:30.288260729417%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 22.84mg, Quercetin: 22.84mg, Quercetin: 22.84mg, Quercetin: 22.84mg

Nutrients (% of daily need)

Calories: 630.64kcal (31.53%), Fat: 42.35g (65.16%), Saturated Fat: 19.62g (122.61%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 12.96g (4.71%), Sugar: 6.85g (7.61%), Cholesterol: 158.39mg (52.8%), Sodium: 712.29mg (30.97%), Alcohol: 1.54g (100%), Alcohol %: 0.5% (100%), Protein: 46.03g (92.06%), Copper: 9.27mg (463.48%), Vitamin B3: 14.26mg (71.31%), Vitamin B6: 1.42mg (71.02%), Selenium: 46.11µg (65.87%), Phosphorus: 614.83mg (61.48%), Calcium: 407.38mg (40.74%), Manganese: 0.66mg (32.85%), Vitamin B12: 1.95µg (32.5%), Zinc: 4.57mg (30.47%), Magnesium: 84.61mg (21.15%), Potassium: 738.27mg (21.09%), Vitamin B2: 0.36mg (21.08%), Vitamin A: 924.87IU (18.5%), Vitamin B5: 1.74mg (17.37%), Vitamin E: 2.5mg (16.67%), Iron: 2.34mg (12.99%), Vitamin B1: 0.19mg (12.87%), Fiber: 2.94g (11.77%), Vitamin C: 9.54mg (11.56%), Folate: 38.3µg (9.57%), Vitamin K: 9.5µg (9.05%), Vitamin D: 1.01µg (6.72%)