



## Turkey Polpettone

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb pd of ground turkey
- 0.5 cup breadcrumbs italian
- 2 tablespoons spring onion thinly sliced
- 1 egg yolk
- 2 teaspoons sage fresh chopped
- 1.5 teaspoons lemon zest finely grated
- 0.5 teaspoon worcestershire sauce
- 1 teaspoon sea salt
- 1 serving pepper black freshly ground

- 2 oz mozzarella cheese cut into 4 equal pieces
- 0.5 cup flour with salt and pepper all-purpose
- 1 cup panko bread crumbs crispy
- 1 eggs
- 1 serving olive oil for frying

## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 350°F.
- Place turkey in large bowl.
- Add remaining burger ingredients except cheese; work in gently by hand. Divide mixture into 8 equal pieces. Flatten each piece into round patty. Top 4 of the patties with a piece of cheese and then with second patty. By hand, press edges together to seal and make patties of even thickness.
- On separate sheets of waxed paper, place seasoned flour and panko bread crumbs. In shallow bowl, beat egg lightly. Coat patties lightly with flour mixture, next dip into egg and then coat with bread crumbs, pressing crumbs gently onto patties.
- Heat 10-inch ovenproof skillet over medium heat.
- Add enough olive oil until 1/8 inch deep. When oil is hot, add patties. Cook about 1 1/2 minutes until nicely browned, then turn and cook other sides 1 to 2 minutes or until browned.
- Place skillet with patties in oven; bake about 10 minutes until turkey is no longer pink in center.

## Nutrition Facts

 **PROTEIN 40%**  **FAT 24.1%**  **CARBS 35.9%**

## Properties

Glycemic Index:41.5, Glycemic Load:8.76, Inflammation Score:-5, Nutrition Score:25.428260937981%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 378.79kcal (18.94%), Fat: 10.04g (15.45%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 33.66g (11.22%), Net Carbohydrates: 31.72g (11.53%), Sugar: 2.2g (2.44%), Cholesterol: 163.09mg (54.36%), Sodium: 965.13mg (41.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.5g (75%), Copper: 3.21mg (160.53%), Vitamin B3: 13.87mg (69.35%), Selenium: 45.88µg (65.54%), Vitamin B6: 1.06mg (52.8%), Phosphorus: 412.88mg (41.29%), Vitamin B1: 0.49mg (32.72%), Vitamin B2: 0.43mg (25.32%), Manganese: 0.49mg (24.7%), Zinc: 3.21mg (21.42%), Folate: 82.97µg (20.74%), Iron: 3.57mg (19.81%), Vitamin B12: 1.19µg (19.78%), Vitamin B5: 1.55mg (15.52%), Calcium: 152.45mg (15.24%), Magnesium: 55.53mg (13.88%), Potassium: 458.16mg (13.09%), Vitamin K: 9µg (8.57%), Fiber: 1.94g (7.76%), Vitamin D: 0.97µg (6.49%), Vitamin A: 279.48IU (5.59%), Vitamin E: 0.49mg (3.27%), Vitamin C: 1.63mg (1.97%)