



Turkey Polpettone

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup breadcrumbs italian
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 2 teaspoons sage fresh chopped
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 1 lb pd of ground turkey
- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 4 servings olive oil for frying

- ☐ 1 cup panko bread crumbs crispy
- ☐ 1 teaspoon sea salt
- ☐ 0.5 cup flour with salt and pepper all-purpose
- ☐ 2 oz mozzarella cheese cut into 4 equal pieces
- ☐ 0.5 teaspoon worcestershire sauce

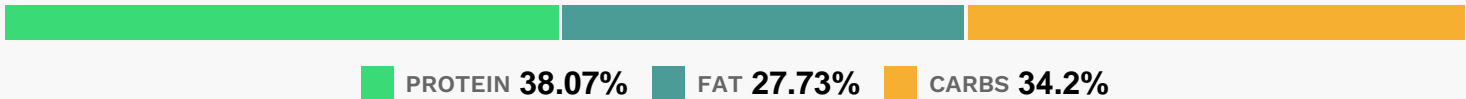
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F.
- ☐ 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



Properties

Glycemic Index:41.5, Glycemic Load:8.77, Inflammation Score:-5, Nutrition Score:25.610434957173%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 397.55kcal (19.88%), Fat: 12.14g (18.68%), Saturated Fat: 3.97g (24.84%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 31.75g (11.54%), Sugar: 2.2g (2.44%), Cholesterol: 163.09mg (54.36%), Sodium: 965.19mg (41.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.51g (75.02%), Copper: 3.21mg (160.58%), Vitamin B3: 13.87mg (69.36%), Selenium: 45.88µg (65.54%), Vitamin B6: 1.06mg (52.81%), Phosphorus: 413mg (41.3%), Vitamin B1: 0.49mg (32.72%), Vitamin B2: 0.43mg (25.33%), Manganese: 0.5mg (25.18%), Zinc: 3.21mg (21.43%), Folate: 82.99µg (20.75%), Iron: 3.58mg (19.92%), Vitamin B12: 1.19µg (19.78%), Vitamin B5: 1.55mg (15.53%), Calcium: 152.8mg (15.28%), Magnesium: 55.65mg (13.91%), Potassium: 459.18mg (13.12%), Vitamin K: 10.39µg (9.89%), Fiber: 1.96g (7.84%), Vitamin D: 0.97µg (6.49%), Vitamin A: 279.89IU (5.6%), Vitamin E: 0.79mg (5.29%), Vitamin C: 1.63mg (1.97%)