



food
network

Turkey -Pork Sliders

 Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 slices bread crumbled
- ☐ 2 tablespoons onions dried chopped
- ☐ 2 eggs
- ☐ 1 glove garlic minced
- ☐ 1 teaspoon ground ginger
- ☐ 1 pound ground pork
- ☐ 1 pound ground turkey breast
- ☐ 16 servings potato rolls mini for serving

- ☐ 3 tablespoons soya sauce
- ☐ 1.5 tablespoons sugar

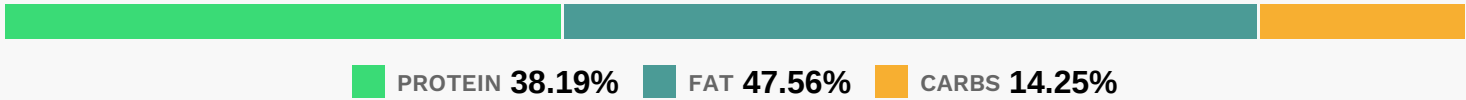
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ grill
- ☐ spatula

Directions

- ☐ Mix all the above ingredients in a food processor until blended.
- ☐ Heat a large skillet or griddle to medium heat. You will find the meat mixture sticky and gooey so I used 2 spoons to work a ball of meat onto the skillet, then flattened with a greased spatula. Form meat mixture into 16 small balls, about 2 1/2-inches across, and grill on both sides for about 3 to 5 minutes or until cooked through.
- ☐ Serve on mini egg dough buns or mini potato rolls.
- ☐ Serve with favorite condiments.

Nutrition Facts



Properties

Glycemic Index:10.86, Glycemic Load:2.17, Inflammation Score:-1, Nutrition Score:7.0347826001437%

Nutrients (% of daily need)

Calories: 140.25kcal (7.01%), Fat: 7.36g (11.33%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.63g (1.68%), Sugar: 1.84g (2.04%), Cholesterol: 56.46mg (18.82%), Sodium: 255.1mg (11.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.31g (26.61%), Selenium: 16.6µg (23.72%), Vitamin B3: 4.49mg (22.44%), Vitamin B6: 0.39mg (19.33%), Vitamin B1: 0.26mg (17.34%), Phosphorus: 138.41mg (13.84%), Zinc: 1.28mg (8.54%), Vitamin B2: 0.14mg (8.49%), Manganese: 0.14mg (6.95%), Vitamin B12: 0.39µg (6.53%), Vitamin B5: 0.59mg (5.89%), Potassium: 199.7mg (5.71%), Iron: 0.91mg (5.03%), Magnesium: 18.66mg (4.66%), Folate: 13.9µg (3.47%), Copper: 0.05mg (2.47%), Calcium: 20.07mg (2.01%), Vitamin D: 0.22µg (1.49%), Fiber: 0.34g (1.34%)