

Turkey Sliders

READY IN



20 min.

SERVINGS



16

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 dinner rolls split mini
- 0.3 cup flour all-purpose
- 1 clove garlic minced
- 0.3 cup goat cheese
- 0.3 teaspoon pepper black
- 1 pound pd of ground turkey
- 0.3 cup olive oil
- 0.5 cup panko bread crumbs
- 0.3 teaspoon salt

- 0.3 cup sun-dried olives packed in oil, drained and chopped
- 0.5 cup wine

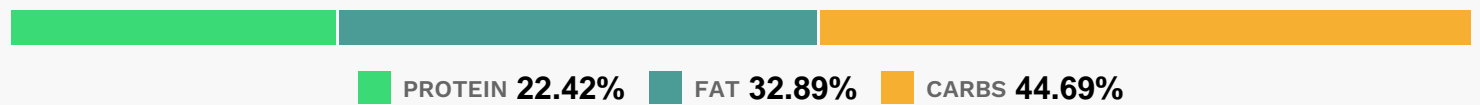
Equipment

- bowl
- frying pan
- paper towels

Directions

- Mix the ground turkey, goat cheese, sun-dried tomatoes, garlic, panko bread crumbs, salt, pepper, and hot chili flakes together in a large bowl with your hands until evenly mixed. Form the mixture into patties about 3-inches in diameter. Dust each patty lightly with flour on each side. This will allow patties to brown nicely in oil.
- Heat the olive oil in a large skillet over medium-high heat; cook the patties in the hot oil until browned, 2 to 3 minutes per side.
- Pour the white wine over the patties, place a cover over the skillet, and continue cooking until the sliders are no longer pink inside and the juices run clear, about 5 minutes.
- Remove the sliders to a plate lined with paper towels to drain.
- Serve on the mini dinner rolls.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:1.35, Inflammation Score:-3, Nutrition Score:9.7256521090217%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 216.92kcal (10.85%), Fat: 7.81g (12.01%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 21.86g (7.95%), Sugar: 1.58g (1.76%), Cholesterol: 17.77mg (5.92%), Sodium: 309.6mg (13.46%), Alcohol: 0.77g (100%), Alcohol %: 1.05% (100%), Protein: 11.97g (23.94%), Selenium: 21.85µg (31.22%), Manganese: 0.52mg (26.23%), Vitamin B3: 4.93mg (24.64%), Vitamin B1: 0.25mg (16.69%), Vitamin B6: 0.3mg (15.12%), Phosphorus: 134.19mg (13.42%), Iron: 2.22mg (12.32%), Vitamin B2: 0.19mg (11.3%), Calcium: 89.98mg (9%), Folate: 35.47µg (8.87%), Fiber: 1.99g (7.98%), Magnesium: 29.88mg (7.47%), Copper: 0.15mg (7.44%), Zinc: 1.02mg (6.77%), Potassium: 205.56mg (5.87%), Vitamin B5: 0.5mg (4.98%), Vitamin E: 0.67mg (4.48%), Vitamin K: 4.23µg (4.03%), Vitamin B12: 0.16µg (2.67%), Vitamin A: 71.15IU (1.42%)