



Turkey Sliders with Herbed Mayonnaise

READY IN



25 min.

SERVINGS



4

CALORIES



491 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons dijon mustard
- 2 tablespoons parsley fresh finely chopped
- 2 tablespoons sage fresh finely chopped
- 0.5 clove garlic finely chopped
- 1.3 pounds pd of ground turkey lean
- 0.3 cup mayonnaise low-fat
- 0.5 cup yogurt plain
- 8 small potato rolls
- 0.5 teaspoon salt

2 teaspoons worcestershire sauce

Equipment

bowl

grill

kitchen thermometer

Directions

Preheat grill to medium-low.

Combine mayonnaise, parsley, sage and garlic in a small bowl. Set aside.

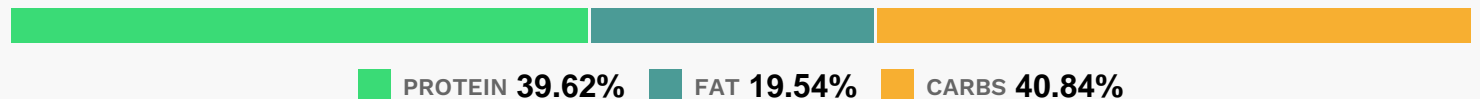
In a large bowl, combine turkey, yogurt, Worcestershire sauce, mustard and salt.

Mix gently with your hands. Form into 8 small 1/2-inch-thick patties.

Grill burgers, turning once, until an instant-read thermometer inserted into center of a burger reads 160F, about 15 minutes total.

Put burgers on bun bottoms and spread with mayonnaise mixture. Top and serve.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:30.181739122971%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 491.04kcal (24.55%), Fat: 11.13g (17.12%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 52.32g (17.44%), Net Carbohydrates: 49.91g (18.15%), Sugar: 12.41g (13.79%), Cholesterol: 84.93mg (28.31%), Sodium: 958.61mg (41.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.76g (101.52%), Copper: 9.19mg (459.73%), Vitamin B3: 19.79mg (98.93%), Vitamin B6: 1.23mg (61.66%), Vitamin B1: 0.72mg (48.04%), Selenium: 33.41µg (47.72%), Folate: 176.7µg (44.17%), Vitamin K: 42.96µg (40.91%), Calcium: 370.48mg (37.05%), Phosphorus: 361mg (36.1%),

Vitamin B2: 0.54mg (31.95%), Iron: 5.4mg (30.02%), Zinc: 2.79mg (18.62%), Manganese: 0.33mg (16.51%),
Potassium: 524.6mg (14.99%), Vitamin B5: 1.4mg (13.95%), Vitamin B12: 0.84µg (13.94%), Magnesium: 52.95mg
(13.24%), Fiber: 2.41g (9.64%), Vitamin A: 251.48IU (5.03%), Vitamin C: 3.33mg (4.04%), Vitamin D: 0.6µg (3.98%),
Vitamin E: 0.55mg (3.69%)