



Turkey Spinach Sliders

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



512 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 small slider buns split lightly toasted (for serving)
- ☐ 4 cups flat parsley thick chopped
- ☐ 1 garlic clove finely chopped
- ☐ 0.8 teaspoon ground cumin
- ☐ 1 pound pd of ground turkey
- ☐ 4 servings pepper freshly ground
- ☐ 1 slices mayonnaise red sliced (for serving)
- ☐ 3 tablespoons olive oil

☐ 4 spring onion thinly sliced

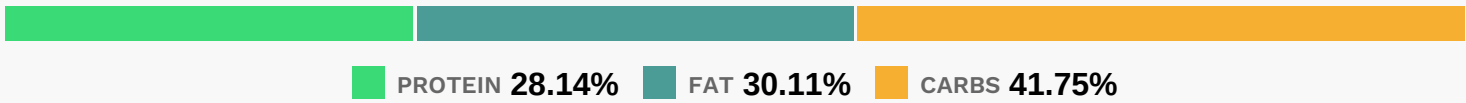
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Combine spinach, scallions, garlic, turkey, and cumin in a medium bowl; season with salt and pepper. Using a fork, mix gently just to combine. Form turkey mixture into twelve 1/2"-thick patties.
- ☐ Heat oil in a large skillet over medium-high heat. Working in 2 batches, cook patties until golden brown and cooked through (resist the temptation to press down on patties with your spatula while cooking), about 5 minutes per side.
- ☐ Transfer to a plate.
- ☐ Serve turkey-spinach patties on buns with mayonnaise, onion, and pickles.
- ☐ DO AHEAD: Patties can be formed 1 day ahead. Cover and chill. Bring to room temperature before cooking.
- ☐ Per serving: 530 calories, 22 g fat, 5 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:0.85, Inflammation Score:-10, Nutrition Score:31.337826034297%

Flavonoids

Apigenin: 129.29mg, Apigenin: 129.29mg, Apigenin: 129.29mg, Apigenin: 129.29mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 8.92mg, Myricetin: 8.92mg, Myricetin: 8.92mg, Myricetin: 8.92mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 512.24kcal (25.61%), Fat: 17.27g (26.56%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 53.88g (17.96%), Net Carbohydrates: 47.73g (17.35%), Sugar: 8.26g (9.18%), Cholesterol: 62.47mg (20.82%), Sodium: 95.93mg (4.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.31g (72.62%), Vitamin K: 1015.77µg (967.4%), Vitamin A: 5207.93IU (104.16%), Vitamin C: 82.32mg (99.78%), Vitamin B3: 11.88mg (59.41%), Vitamin B6: 1.04mg (52.22%), Iron: 7.75mg (43.04%), Selenium: 25.33µg (36.19%), Phosphorus: 299.88mg (29.99%), Folate: 108.04µg (27.01%), Fiber: 6.15g (24.61%), Potassium: 711.24mg (20.32%), Zinc: 2.71mg (18.09%), Calcium: 173.76mg (17.38%), Magnesium: 67.02mg (16.75%), Vitamin E: 2.13mg (14.2%), Vitamin B5: 1.25mg (12.53%), Vitamin B2: 0.19mg (11.16%), Vitamin B12: 0.58µg (9.64%), Vitamin B1: 0.13mg (8.83%), Copper: 0.17mg (8.6%), Manganese: 0.16mg (7.99%), Vitamin D: 0.45µg (3.03%)