Turkey Patties

Ingredients:

- 1 ¼ pound package of ground turkey
- 1 cup bread crumbs
- 1 egg
- ¼ cup chopped green onion
- 1 Tablespoons prepared mustard
- ½ cup chicken broth
- nonstick cooking spray

Directions:

1. Mix ground turkey, bread crumbs, egg, onions, and mustard in a large bowl. Shape into 4 patties, about 1/2 inch thick.

2. Spray a large skillet with cooking spray. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove.

3. Add chicken broth to skillet and boil over high heat until slightly thickened, about 1 to 2 minutes. Pour sauce over patties.

4. Serve on buns.

Yields about 4 servings

Source: Adapted from: Quick and Healthy Meals, Tips and Tools for Planning Meals for Your Family, Cuyahoga County, Ohio State University Extension, Last Modified: Oct 22, 2008

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
<th>% Daily Value *</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 patty, ¼ of recipe (222g)</td>
<td>Calories 340</td>
<td>Calories from Fat 130</td>
</tr>
<tr>
<td></td>
<td>% Daily Value</td>
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<tr>
<td></td>
<td>Total Fat 15g</td>
<td>23%</td>
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<tr>
<td></td>
<td>Saturated Fat 4g</td>
<td>20%</td>
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<tr>
<td></td>
<td>Trans Fat 0g</td>
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<tr>
<td></td>
<td>Cholesterol 165mg</td>
<td>55%</td>
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<tr>
<td></td>
<td>Sodium 440mg</td>
<td>18%</td>
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<tr>
<td></td>
<td>Total Carbohydrate 20g</td>
<td>7%</td>
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<tr>
<td></td>
<td>Dietary Fiber 2g</td>
<td>8%</td>
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<tr>
<td></td>
<td>Sugars 2g</td>
<td></td>
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<tr>
<td></td>
<td>Protein 30g</td>
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</tbody>
</table>

Vitamin A: 2%  Vitamin C: 6%
Calcium: 8%  Iron: 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat: 2,500
Saturated Fat: 25g
Cholesterol: 300mg
Calories: 375g
Dietary Fiber: 30g

38% calories from fat

Special notes

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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