



 **16%**
HEALTH SCORE

Apple Cheddar Turkey Burgers With Chipotle Yogurt Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples diced whole
- 0.5 cup breadcrumbs
- 1 pound pd of ground turkey (give or take 3 ounces depending on package weight)
- 1 tablespoons hot sauce your favorite (or hot sauce or salsa)
- 0.3 onion finely chopped
- 1 cup yogurt plain
- 4 servings salt and pepper to taste
- 1 cup sharp cheddar cheese grated

4 servings spring onion diced with green onions

Equipment

bowl

frying pan

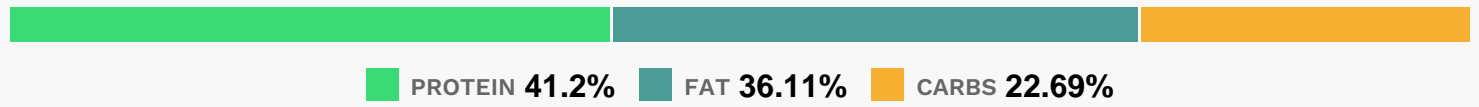
grill

Directions

Mix burger ingredients in a bowl and shape into 4–6 patties. Grill (or pan fry) for 2 minutes each side or until juices run clear.

Serve with a dollop of chipotle yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:2.62, Inflammation Score:-6, Nutrition Score:19.892173913043%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Taste

Sweetness: 51.71%, Saltiness: 100%, Sourness: 65.45%, Bitterness: 19.48%, Savoriness: 73.6%, Fattiness: 72.17%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 361.64kcal (18.08%), Fat: 14.63g (22.51%), Saturated Fat: 7.44g (46.51%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 18.7g (6.8%), Sugar: 8.99g (9.99%), Cholesterol: 98.58mg (32.86%), Sodium: 650.96mg (28.3%), Protein: 37.56g (75.12%), Vitamin B3: 12.05mg (60.27%), Selenium: 37.88µg (54.11%), Vitamin B6: 1.06mg (53.15%), Phosphorus: 476.84mg (47.68%), Calcium: 310.96mg (31.1%), Zinc: 3.65mg (24.31%), Vitamin B2: 0.41mg (23.89%), Vitamin B12: 1.15µg (19.19%), Vitamin B1: 0.24mg (16.14%), Potassium: 557.68mg (15.93%), Vitamin B5: 1.47mg (14.72%), Magnesium: 58mg (14.5%), Vitamin K: 15.22µg (14.49%), Folate: 40.44µg (10.11%), Iron: 1.78mg (9.87%), Vitamin A: 461.84IU (9.24%), Manganese: 0.17mg (8.63%), Fiber: 1.98g (7.93%), Vitamin C: 6.47mg (7.84%), Copper: 0.14mg (6.8%), Vitamin D: 0.68µg (4.56%), Vitamin E: 0.46mg (3.06%)