



Apple Maple Turkey Burgers with Maple-Dijon Sauce

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chunky applesauce
- 1 tablespoon dijon mustard
- 0.3 teaspoon ground pepper black
- 1.3 pounds ground turkey breast
- 4 servings hamburger condiments
- 4 servings hamburger buns
- 2 tablespoons real maple syrup

- 0.3 cup mayonnaise
- 1 teaspoon poultry seasoning
- 0.3 cup real bacon bits
- 0.5 teaspoon salt

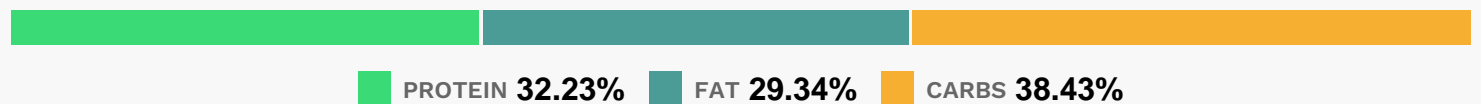
Equipment

- bowl
- grill

Directions

- Watch how to make this recipe.
- Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- For Maple-Dijon Sauce: In a small bowl, stir to combine mayonnaise, Dijon mustard, and 2 tablespoons maple syrup; set aside.
- For Turkey Burgers: In a medium bowl, mix together all ingredients for burgers. Wet hands to prevent sticking and shape into 4 patties.
- Place burgers on hot oiled grill for 5 to 6 minutes per side or until done.
- Serve on buns with traditional burger condiments and a dollop of maple-Dijon sauce.

Nutrition Facts



Properties

Glycemic Index:68.63, Glycemic Load:28.28, Inflammation Score:-5, Nutrition Score:25.731304096139%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 563.06kcal (28.15%), Fat: 18.31g (28.17%), Saturated Fat: 4.09g (25.58%), Carbohydrates: 53.96g (17.99%), Net Carbohydrates: 51.82g (18.85%), Sugar: 15.27g (16.96%), Cholesterol: 93.93mg (31.31%), Sodium: 1131.51mg

(49.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.25g (90.5%), Vitamin B3: 17.43mg (87.13%), Selenium: 56.45µg (80.64%), Vitamin B6: 1.29mg (64.39%), Phosphorus: 418.19mg (41.82%), Manganese: 0.79mg (39.47%), Vitamin B1: 0.58mg (38.62%), Vitamin B2: 0.55mg (32.16%), Vitamin K: 31.39µg (29.89%), Iron: 4.4mg (24.46%), Folate: 94.77µg (23.69%), Zinc: 3.26mg (21.76%), Magnesium: 67.18mg (16.8%), Potassium: 581.71mg (16.62%), Vitamin B12: 0.91µg (15.2%), Calcium: 149.41mg (14.94%), Vitamin B5: 1.3mg (12.97%), Copper: 0.2mg (9.79%), Fiber: 2.13g (8.53%), Vitamin E: 0.86mg (5.74%), Vitamin D: 0.6µg (3.97%), Vitamin C: 1.5mg (1.82%), Vitamin A: 70.75IU (1.41%)