



Apricot Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup chickpeas canned drained (garbanzo beans)
- ☐ 0.5 cup apricots dried chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 pounds pd of ground turkey
- ☐ 9 ounce multigrain hamburger buns split

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots minced
- ☐ 6 tablespoons easy tzatziki sauce

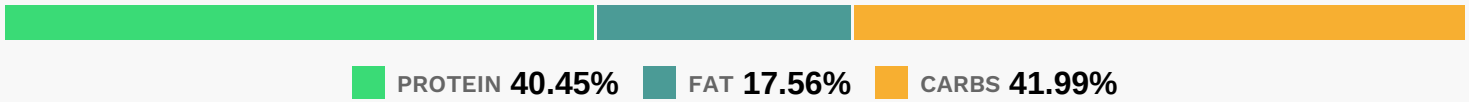
Equipment

- ☐ food processor
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Place chickpeas in a food processor; pulse 3 times or until chopped.
- ☐ Combine chickpeas, apricots, and next 7 ingredients (through turkey). Divide mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 6 minutes on each side or until a meat thermometer registers 16
- ☐ Remove from grill; let stand 5 minutes.
- ☐ Place buns, cut sides down, on grill rack; grill 1 minute or until toasted.
- ☐ Place 1 patty on bottom half of each bun; top each serving with 1 tablespoon Easy Tzatziki Sauce and top half of bun.

Nutrition Facts



Properties

Glycemic Index:34.62, Glycemic Load:16.03, Inflammation Score:-6, Nutrition Score:18.838260826857%

Nutrients (% of daily need)

Calories: 323.49kcal (16.17%), Fat: 6.4g (9.84%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 31.39g (11.41%), Sugar: 10.43g (11.59%), Cholesterol: 64.87mg (21.62%), Sodium: 596.7mg (25.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.29%), Vitamin B3: 13.15mg (65.75%), Vitamin B6:

1.16mg (57.97%), Selenium: 37.54µg (53.64%), Phosphorus: 333.68mg (33.37%), Manganese: 0.56mg (28.25%), Vitamin B1: 0.32mg (21.24%), Iron: 3.19mg (17.73%), Zinc: 2.56mg (17.07%), Potassium: 592.27mg (16.92%), Vitamin B2: 0.26mg (15.32%), Folate: 59.81µg (14.95%), Magnesium: 55.56mg (13.89%), Fiber: 3.02g (12.08%), Vitamin B5: 1.15mg (11.55%), Vitamin B12: 0.66µg (11.06%), Calcium: 106.23mg (10.62%), Vitamin A: 492.8IU (9.86%), Copper: 0.2mg (9.77%), Vitamin E: 0.69mg (4.6%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.58µg (2.46%), Vitamin C: 1.79mg (2.16%)