



Asian-Style Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons bell pepper green minced
- ☐ 1 pound pd of ground turkey
- ☐ 6 ounce hamburger buns
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.3 cup onion finely chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon water cold
- ☐ 2 tablespoons worcestershire sauce

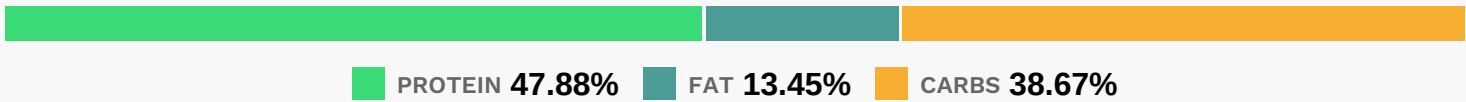
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 11 ingredients in a large bowl. Divide turkey mixture into 4 equal portions, shaping each into a 3/4-inch-thick patty.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add patties; cook 5 minutes on each side or until done.
- ☐ Serve on buns.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:13.23, Inflammation Score:-6, Nutrition Score:19.551304589147%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 265.17kcal (13.26%), Fat: 3.95g (6.08%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 25.57g (8.52%), Net Carbohydrates: 24.28g (8.83%), Sugar: 4.7g (5.22%), Cholesterol: 62.37mg (20.79%), Sodium: 816.04mg (35.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.65g (63.29%), Vitamin B3: 12.99mg (64.94%), Selenium: 36.99µg (52.84%), Vitamin B6: 1.05mg (52.73%), Vitamin K: 51.95µg (49.48%), Phosphorus: 321.47mg (32.15%),

Vitamin B1: 0.32mg (21.57%), Iron: 3.11mg (17.29%), Manganese: 0.33mg (16.53%), Zinc: 2.44mg (16.25%), Vitamin B2: 0.28mg (16.24%), Potassium: 524.59mg (14.99%), Folate: 59.22µg (14.8%), Vitamin C: 10.89mg (13.2%), Magnesium: 50.89mg (12.72%), Vitamin B12: 0.66µg (11.06%), Vitamin B5: 1.06mg (10.56%), Calcium: 86.32mg (8.63%), Copper: 0.15mg (7.65%), Vitamin A: 306.5IU (6.13%), Fiber: 1.28g (5.13%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.26mg (1.77%)