



Asian Turkey Burgers

READY IN



93 min.

SERVINGS



6

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bulgur wheat
- 1 teaspoon sriracha
- 2 tablespoons cilantro leaves whole chopped
- 0.3 cucumber seedless sliced
- 1 clove garlic grated
- 1 teaspoon ginger grated
- 2 tablespoons hoisin sauce
- 6 servings kosher salt and pepper black freshly ground
- 12 ounces pd of ground turkey lean

- 0.3 cup yogurt plain low-fat
- 0.3 small onion red thinly sliced
- 0.3 cup rice wine vinegar
- 2 scallions chopped
- 1 teaspoon sugar
- 2 teaspoons vegetable oil
- 0.5 cup water boiling
- 4 hamburger rolls whole wheat

Equipment

- bowl
- frying pan
- whisk
- plastic wrap

Directions

- Put the bulgur in a medium bowl and add the boiling water. Cover with plastic wrap and let stand until the bulgur is tender, 45 minutes to 1 hour.
- Meanwhile, in a medium bowl whisk the vinegar and sugar with a generous seasoning of salt and pepper until dissolved.
- Add the cucumber and onion, toss well and set aside to marinate for about 30 minutes.
- In a separate small bowl combine the yogurt and chili garlic sauce. Season with salt and pepper and set aside.
- Drain the bulgur and put into a large bowl.
- Add the turkey, hoisin, scallions, ginger, garlic and chopped cilantro and mix until just combined. Form into 4 equal sized patties.
- Heat a large nonstick skillet over medium heat until very hot. Lightly brush both sides of each patty with oil and place in the skillet. Cook, turning once, until just cooked through, 3 to 4 minutes per side.
- Drain the pickled vegetables and toss with the whole cilantro.

- Spread some spicy yogurt sauce on the top and bottom of each bun and top with a burger patty and some pickles.

Nutrition Facts

PROTEIN 34.43% **FAT 21%** **CARBS 44.57%**

Properties

Glycemic Index:55.85, Glycemic Load:2.27, Inflammation Score:-4, Nutrition Score:12.303478344627%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 205.51kcal (10.28%), Fat: 4.86g (7.48%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 20.53g (7.46%), Sugar: 5.4g (6%), Cholesterol: 31.96mg (10.65%), Sodium: 304.28mg (13.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.93g (35.86%), Vitamin B3: 7.26mg (36.32%), Selenium: 22.86µg (32.66%), Vitamin B6: 0.56mg (28.1%), Manganese: 0.55mg (27.51%), Phosphorus: 206.87mg (20.69%), Vitamin K: 14.78µg (14.08%), Vitamin B1: 0.2mg (13.42%), Vitamin B2: 0.2mg (11.91%), Folate: 46.22µg (11.55%), Magnesium: 45.89mg (11.47%), Iron: 1.96mg (10.87%), Fiber: 2.68g (10.72%), Zinc: 1.59mg (10.62%), Potassium: 311.16mg (8.89%), Vitamin B5: 0.82mg (8.18%), Copper: 0.14mg (7.17%), Calcium: 61.29mg (6.13%), Vitamin B12: 0.35µg (5.82%), Vitamin C: 1.75mg (2.12%), Vitamin A: 82.91IU (1.66%), Vitamin E: 0.24mg (1.58%), Vitamin D: 0.23µg (1.51%)