



Asian Turkey Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb pd of ground turkey lean
- ☐ 0.3 cup water chestnuts finely chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 2 tablespoons teriyaki sauce (from 10-oz bottle)
- ☐ 0.1 teaspoon pepper
- ☐ 4 hamburger buns whole wheat
- ☐ 8 slices bell pepper red thin
- ☐ 4 leaves lettuce

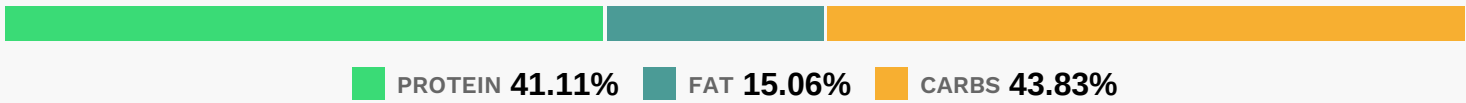
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Set oven control to broil. In medium bowl, mix turkey, water chestnuts, onions, teriyaki sauce and pepper. Shape mixture into 4 patties, each about 1/2 inch thick.
- ☐ Place on rack in broiler pan.
- ☐ Broil patties with tops about 6 inches from heat 4 minutes. Turn patties; cook 6 to 8 minutes longer or until meat thermometer inserted in center of patties reads 165°F.
- ☐ Place patties in buns with cucumber slices and lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:2.46, Inflammation Score:-10, Nutrition Score:34.119130362635%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 315.5kcal (15.78%), Fat: 5.5g (8.47%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 29.61g (10.77%), Sugar: 12.66g (14.06%), Cholesterol: 62.37mg (20.79%), Sodium: 619.5mg (26.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.79g (67.58%), Vitamin C: 237.2mg (287.52%), Vitamin A: 5892.2IU (117.84%), Vitamin B6: 1.6mg (80%), Vitamin B3: 15.06mg (75.29%), Selenium: 39.86µg (56.94%), Phosphorus: 382.26mg (38.23%), Folate: 151.98µg (38%), Manganese: 0.72mg (36.02%), Vitamin B1: 0.39mg (25.99%), Fiber: 6.41g (25.63%), Vitamin B2: 0.43mg (25.51%), Potassium: 870.36mg (24.87%), Vitamin K: 25.42µg (24.21%), Iron: 3.92mg (21.77%), Vitamin E: 3.18mg (21.18%), Magnesium: 83.3mg (20.83%), Zinc: 3.06mg

(20.39%), Vitamin B5: 1.86mg (18.65%), Copper: 0.23mg (11.67%), Vitamin B12: 0.58µg (9.71%), Calcium: 68.35mg (6.83%), Vitamin D: 0.45µg (3.02%)