



## Asian Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup breadcrumbs dry
- 0.3 cup green onions chopped
- 1 teaspoon ground ginger
- 0.3 teaspoon ground pepper red
- 1 pound pd of ground turkey
- 8 ounce hamburger buns
- 2 tablespoons hoisin sauce
- 0.3 teaspoon soya sauce low-sodium

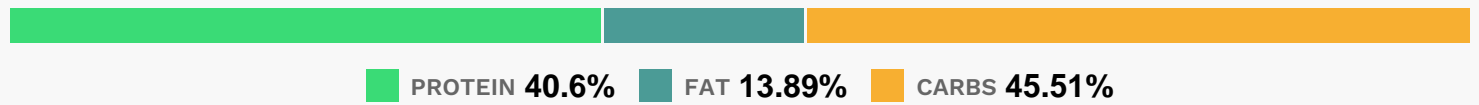
## Equipment

- bowl
- grill
- broiler
- broiler pan

## Directions

- Combine first 7 ingredients in a large bowl. Divide the turkey mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- Prepare grill or broiler.
- Place patties on grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until done.
- Serve on buns.

## Nutrition Facts



## Properties

Glycemic Index:31.5, Glycemic Load:17.09, Inflammation Score:-5, Nutrition Score:19.603478317675%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 333.71kcal (16.69%), Fat: 5.11g (7.87%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 37.7g (12.57%), Net Carbohydrates: 35.88g (13.05%), Sugar: 6.91g (7.67%), Cholesterol: 62.61mg (20.87%), Sodium: 529.36mg (23.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.64g (67.27%), Vitamin B3: 14.02mg (70.08%), Selenium: 42.66µg (60.94%), Vitamin B6: 1.03mg (51.56%), Phosphorus: 332.89mg (33.29%), Vitamin B1: 0.45mg (29.87%), Manganese: 0.58mg (29.15%), Vitamin B2: 0.34mg (19.99%), Iron: 3.43mg (19.06%), Folate: 75.77µg (18.94%), Zinc: 2.58mg (17.21%), Vitamin K: 16.25µg (15.48%), Magnesium: 53.47mg (13.37%), Potassium: 453.91mg (12.97%), Vitamin B12: 0.72µg (11.92%), Calcium: 105.31mg (10.53%), Vitamin B5: 1.05mg (10.49%), Copper: 0.16mg (8.16%), Fiber: 1.82g (7.27%), Vitamin D: 0.45µg (3.02%), Vitamin A: 143.87IU (2.88%), Vitamin C: 2.04mg (2.48%),

Vitamin E: 0.33mg (2.22%)