



Avocado-Alfalfa Turkey Burger

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces alfalfa sprouts
- ☐ 4 hamburger buns whole-wheat toasted
- ☐ 1 haas avocados
- ☐ 0.3 cup catsup
- ☐ 1 pound pd of ground turkey lean (97 percent)
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 slices monterrey jack cheese
- ☐ 1.5 tablespoons pomegranate molasses whole (available at Foods)
- ☐ 2 small vine-ripened tomatoes sliced

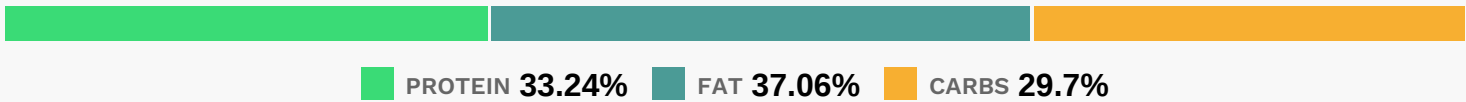
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ In a bowl, combine ketchup and molasses;season with salt and pepper. In anotherbowl, crush avocado with juice; season withsalt. Form turkey into four patties. Coat agrill pan or grill rack with cooking spray. Grillpatties over medium-high heat until internaltemperature reaches 165°F, 20 minutes.Top each with 1 cheese slice. Divide ketchupmixture, burgers, tomatoes, avocadomixture and alfalfa sprouts among buns.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:13.76, Inflammation Score:-8, Nutrition Score:26.510000083757%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 477.61kcal (23.88%), Fat: 20.07g (30.87%), Saturated Fat: 7.37g (46.05%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 30.9g (11.24%), Sugar: 10.74g (11.93%), Cholesterol: 87.29mg (29.1%), Sodium: 581.87mg (25.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.5g (80.99%), Vitamin B3: 14.33mg (71.66%), Vitamin B6: 1.22mg (61.07%), Selenium: 41.3µg (59%), Phosphorus: 486.48mg (48.65%), Calcium: 296.63mg (29.66%), Vitamin B2: 0.49mg (28.89%), Folate: 113.99µg (28.5%), Zinc: 3.84mg (25.59%), Vitamin B1:

0.38mg (25.51%), Vitamin K: 26.03µg (24.79%), Potassium: 830.15mg (23.72%), Manganese: 0.44mg (21.99%),
Fiber: 5.29g (21.14%), Magnesium: 79.82mg (19.95%), Vitamin B5: 1.97mg (19.66%), Vitamin C: 15.88mg (19.25%),
Iron: 3.28mg (18.21%), Vitamin A: 819.25IU (16.38%), Copper: 0.3mg (15.11%), Vitamin B12: 0.9µg (14.95%), Vitamin E:
1.79mg (11.91%), Vitamin D: 0.62µg (4.14%)