



Barbecue-Glazed Turkey Burgers

READY IN



20 min.

SERVINGS



20

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup sweet-smoky barbecue sauce jarred
- ☐ 4 brioche buns split toasted
- ☐ 20 servings canola oil for brushing
- ☐ 1 pound pd of ground turkey
- ☐ 1 slice pickled jalapeño for serving
- ☐ 20 servings kosher salt and pepper freshly ground

Equipment

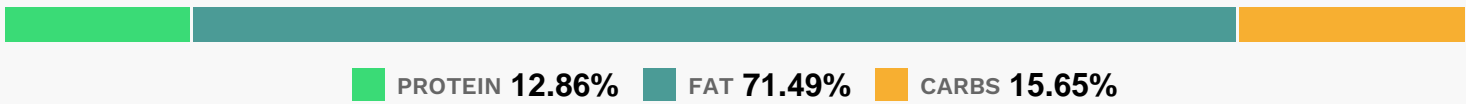
- ☐ bowl

- ☐ grill
- ☐ grill pan

Directions

- ☐ Light a grill or preheat a grill pan. In a bowl, season the turkey with salt and pepper and gently knead in 1/4 cup of the barbecue sauce. Shape the meat into four 4-inch patties, about 3/4 inch thick.
- ☐ Brush with oil and grill over moderate heat, turning once, until nearly cooked through, 7 minutes.
- ☐ Brush with the remaining 2 tablespoons of barbecue sauce and cook for 1 minute longer, until cooked through and lightly glazed.
- ☐ Transfer the burgers to the buns and top with pickled jalapeos, Swiss cheese and pickle chips and serve.

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.6626086869156%

Nutrients (% of daily need)

Calories: 230.72kcal (11.54%), Fat: 18.58g (28.58%), Saturated Fat: 3.46g (21.65%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 9.12g (3.32%), Sugar: 1.19g (1.32%), Cholesterol: 41.99mg (14%), Sodium: 320.53mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Vitamin E: 2.5mg (16.66%), Vitamin B3: 2.22mg (11.12%), Vitamin B6: 0.2mg (9.88%), Vitamin K: 10.06µg (9.58%), Selenium: 5.32µg (7.59%), Phosphorus: 57.08mg (5.71%), Vitamin A: 164.71IU (3.29%), Zinc: 0.44mg (2.95%), Vitamin B12: 0.14µg (2.36%), Potassium: 75.84mg (2.17%), Vitamin B5: 0.21mg (2.09%), Iron: 0.37mg (2.05%), Calcium: 19.14mg (1.91%), Magnesium: 7.33mg (1.83%), Vitamin B2: 0.03mg (1.67%)