



Basil Turkey Burgers

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup egg substitute
- 2 tablespoons basil fresh minced
- 1 clove garlic minced
- 0.3 teaspoon ground pepper black
- 1 pound pd of ground turkey
- 4 hamburger buns whole wheat split
- 1 teaspoon horseradish prepared
- 4 leaves lettuce leaves

- 1 teaspoon soya sauce light
- 0.5 onion finely chopped
- 4 slices tomatoes

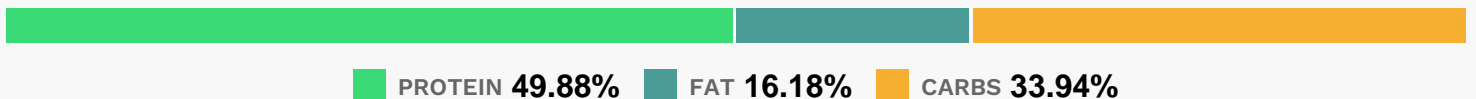
Equipment

- mixing bowl
- grill
- kitchen thermometer

Directions

- Preheat an outdoor grill for high heat and lightly oil the grate.
- Mix ground turkey, onion, egg substitute, basil, horseradish, soy sauce, pepper, and garlic in a large mixing bowl; form into 4 patties.
- Cook the turkey burgers on the preheated grill until no longer pink in the center and the juices run clear, about 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Serve on buns with lettuce and tomato.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:21.077826064566%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 273.43kcal (13.67%), Fat: 5g (7.7%), Saturated Fat: 1.2g (7.47%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 21.22g (7.72%), Sugar: 4.85g (5.39%), Cholesterol: 62.37mg (20.79%), Sodium: 415.05mg (18.05%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.42%), Selenium: 52µg (74.28%), Vitamin B3: 13.32mg (66.61%), Vitamin B6: 1.11mg (55.37%), Phosphorus: 348.91mg (34.89%), Manganese: 0.57mg (28.29%), Vitamin B2: 0.39mg (22.86%), Vitamin B1: 0.33mg (22.33%), Iron: 3.45mg (19.18%), Zinc: 2.87mg (19.12%), Folate: 72.57µg (18.14%), Vitamin B5: 1.77mg (17.73%), Potassium: 570.3mg (16.29%), Magnesium: 63.64mg (15.91%), Vitamin B12: 0.68µg (11.41%), Copper: 0.2mg (10.07%), Fiber: 2.39g (9.58%), Vitamin A: 448.6IU (8.97%), Calcium: 78.96mg (7.9%), Vitamin K: 8.03µg (7.64%), Vitamin C: 5.77mg (7%), Vitamin D: 0.93µg (6.22%), Vitamin E: 0.75mg (5%)