



BBQ Feta and Hot Banana Pepper Turkey Burgers

 **Gluten Free**

READY IN



25 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup banana peppers seeded chopped
- 0.5 cup feta cheese crumbled
- 1 pound pd of ground turkey
- 4 servings salt and pepper to taste

Equipment

- bowl
- grill

Directions

- Preheat an outdoor grill for high heat.
- In a bowl, mix the turkey, peppers, and feta cheese. Season with salt and pepper. Form the mixture into 4 patties.
- Cook patties about 8 minutes per side on the prepared grill, to an internal temperature of 180 degrees F (85 degrees C).

Nutrition Facts

PROTEIN 65.91% **FAT 31.54%** **CARBS 2.55%**

Properties

Glycemic Index:6.75, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:13.561304398205%

Nutrients (% of daily need)

Calories: 178.79kcal (8.94%), Fat: 6.28g (9.66%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.15g (0.17%), Cholesterol: 79.06mg (26.35%), Sodium: 466.38mg (20.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.52g (59.04%), Vitamin B3: 11.29mg (56.45%), Vitamin B6: 1.08mg (53.95%), Selenium: 27.9µg (39.85%), Phosphorus: 323.08mg (32.31%), Zinc: 2.56mg (17.04%), Vitamin B2: 0.28mg (16.56%), Vitamin B12: 0.9µg (14.92%), Vitamin B5: 1.2mg (12%), Potassium: 366.03mg (10.46%), Calcium: 97.04mg (9.7%), Magnesium: 37.77mg (9.44%), Vitamin C: 6.41mg (7.77%), Vitamin B1: 0.11mg (7.03%), Iron: 1.03mg (5.74%), Folate: 17.32µg (4.33%), Copper: 0.08mg (3.96%), Vitamin D: 0.53µg (3.52%), Vitamin A: 133.82IU (2.68%), Vitamin E: 0.17mg (1.11%), Fiber: 0.26g (1.05%), Manganese: 0.02mg (1.02%), Vitamin K: 1.07µg (1.02%)