



BBQ Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground dark-meat turkey
- ☐ 0.3 cup barbecue sauce
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 pinch kosher salt
- ☐ 0.5 teaspoon paprika
- ☐ 6.4 oz sesame seed buns toasted

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4 slices onion sweet

Equipment

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bowl

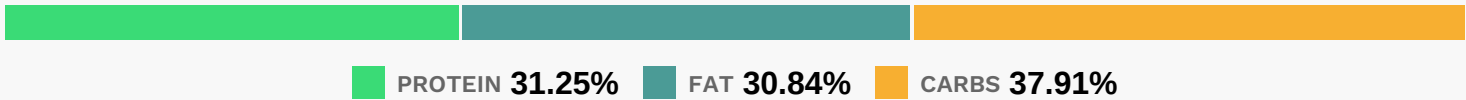
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grill

Directions

- ☐ In medium bowl, gently mix together turkey, garlic, paprika, and cumin.
- ☐ Form turkey into 4 (4-inch) patties; season with salt and pepper.
- ☐ Heat grill to medium-high; cook, turning once, until burgers are just cooked through (about 7 minutes per side).
- ☐ Serve with desired toppings and buns.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:13.68, Inflammation Score:-4, Nutrition Score:15.296521591104%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 334.48kcal (16.72%), Fat: 11.42g (17.57%), Saturated Fat: 2.86g (17.88%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 30.34g (11.03%), Sugar: 9.98g (11.08%), Cholesterol: 83.91mg (27.97%), Sodium: 497.77mg (21.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.05g (52.1%), Selenium: 34.32µg (49.03%), Vitamin B3: 8.2mg (41.01%), Phosphorus: 274.78mg (27.48%), Vitamin B12: 1.45µg (24.19%), Vitamin B6: 0.47mg (23.63%), Vitamin B1: 0.34mg (22.36%), Zinc: 3.28mg (21.84%), Vitamin B2: 0.36mg (21.29%), Iron: 3.19mg (17.75%), Manganese: 0.33mg (16.49%), Folate: 54.33µg (13.58%), Vitamin B5: 1.19mg (11.9%), Potassium: 367.61mg (10.5%), Calcium: 101.48mg (10.15%), Copper: 0.2mg (9.91%), Magnesium: 39.13mg (9.78%), Fiber: 1.25g (5%), Vitamin A: 248.89IU (4.98%), Vitamin E: 0.47mg (3.15%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.97µg (2.82%), Vitamin C: 1.61mg (1.96%)