



BBQ Turkey Cheeseburger

READY IN



30 min.

SERVINGS



30

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup chargrilled burger barbecue sauce kraft
- 0.1 tsp garlic powder
- 16 oz pd of ground turkey frozen thawed
- 4 hamburger buns
- 4 lettuce leaves
- 4 milk singles 2% kraft
- 0.3 tsp onion powder
- 1 tomatoes cut into 4 slices

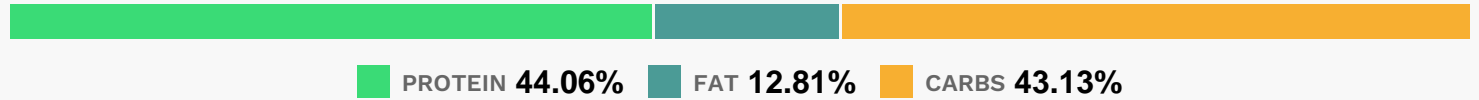
Equipment

grill

Directions

- Heat greased grill to medium heat.
- Mix turkey and dry seasonings just until blended; shape into 4 (1/2-inch-thick) patties.
- Grill 7 to 9 min. on each side or until done (165F), brushing occasionally with barbecue sauce.
- Top burgers with 2% Milk Singles; grill 1 min. or until melted. Fill buns with lettuce, tomatoes and burgers.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:1.76, Inflammation Score:-2, Nutrition Score:2.5969565471877%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 38.43kcal (1.92%), Fat: 0.55g (0.84%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.92g (1.43%), Sugar: 1.36g (1.51%), Cholesterol: 8.33mg (2.78%), Sodium: 61.77mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Vitamin B3: 1.76mg (8.8%), Selenium: 4.96µg (7.09%), Vitamin B6: 0.14mg (7.09%), Vitamin A: 280.39IU (5.61%), Phosphorus: 42.74mg (4.27%), Vitamin B1: 0.05mg (3.06%), Manganese: 0.05mg (2.51%), Vitamin B2: 0.04mg (2.26%), Zinc: 0.33mg (2.18%), Folate: 8.5µg (2.13%), Potassium: 73.59mg (2.1%), Iron: 0.37mg (2.05%), Magnesium: 6.93mg (1.73%), Vitamin C: 1.23mg (1.49%), Vitamin B12: 0.09µg (1.49%), Vitamin B5: 0.14mg (1.41%), Calcium: 11.31mg (1.13%)