



Best Turkey Burgers

 Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup parsley fresh chopped
- 2 pounds pd of ground turkey lean
- 6 servings hawaiian rolls homemade
- 1 teaspoon lemon zest
- 0.5 cup mayonnaise
- 1 teaspoon salt

Equipment

- food processor

- grill
- kitchen thermometer

Directions

- Preheat grill to 350 to 400 (medium-high) heat.
- Combine first 5 ingredients gently. Shape mixture into 6 (5-inch) patties.
- Grill, covered with grill lid, 6 to 7 minutes on each side or until a meat thermometer inserted into thickest portion registers 17
- Serve on Homemade Hamburger Buns.
- Try These Twists!
- Muffuletta Burgers: Stir 1/2 cup chopped pimiento-stuffed Spanish olives into meat mixture. Proceed as directed. Pulse 1/2 (16-oz.) jar mixed pickled vegetables, drained, and 2 Tbsp. Italian dressing in a food processor until coarsely chopped. Top each burger with vegetable mixture and salami, ham, and provolone cheese slices.
- Note: We tested with Mezzetta Italian
- Mix Giardiniera pickled vegetables.
- Green Tomato-Feta Burgers: Stir 1 (4-oz.) container crumbled feta cheese, 1 Tbsp. finely minced red onion, and 1 tsp. minced oregano into meat mixture. Proceed as directed. Top each burger with sliced pickled green tomatoes, lettuce, thinly sliced cucumber, a pinch of dried crushed red pepper, and a fresh dill sprig.
- Pickled Onion-Chutney Burgers: Stir 2 Tbsp. finely chopped red onion and 1/3 cup mango chutney into meat mixture. Proceed as directed. Top each burger with a small wedge of blue cheese, arugula, whole grain Dijon mustard, and Red Onion Relish.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:12.95, Inflammation Score:-5, Nutrition Score:22.641304316728%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 417.3kcal (20.87%), Fat: 18.61g (28.64%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 20.97g (7.63%), Sugar: 3.27g (3.64%), Cholesterol: 91mg (30.33%), Sodium: 797.06mg (34.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.1g (80.19%), Vitamin B3: 16.51mg (82.55%), Vitamin K: 73.49µg (69.99%), Vitamin B6: 1.33mg (66.36%), Selenium: 45.55µg (65.07%), Phosphorus: 392.06mg (39.21%), Vitamin B1: 0.33mg (22.1%), Zinc: 3.03mg (20.21%), Vitamin B2: 0.29mg (17.22%), Iron: 2.84mg (15.77%), Potassium: 516.69mg (14.76%), Vitamin B12: 0.88µg (14.66%), Folate: 57.29µg (14.32%), Magnesium: 55.23mg (13.81%), Vitamin B5: 1.37mg (13.74%), Manganese: 0.25mg (12.66%), Calcium: 72.09mg (7.21%), Copper: 0.14mg (7.12%), Vitamin E: 0.85mg (5.69%), Vitamin C: 4.31mg (5.23%), Vitamin A: 261.13IU (5.22%), Vitamin D: 0.64µg (4.28%), Fiber: 0.89g (3.57%)