



## Blue Cheese and Mushroom Turkey Burger

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 garlic clove
- 1 pd of ground turkey
- 1 cup onion minced ()
- 5 ounces portabello mushrooms chopped
- 1 inch sea salt
- 2 tablespoons soya sauce

### Equipment

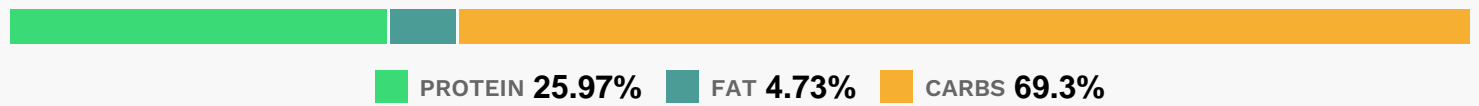
- frying pan

grill

## Directions

- Mix all your ingredients together and form them into patties.
- Place your burgers either on the grill or in a large frying pan.
- Let them cook through flipping once. Once they're cooked through, drop a small amount of blue cheese on the top of each burger. Close up the grill top and let the cheese melt for a minute or two. If you're pan frying them, just grab the top to your frying pan, close it up, and let the cheese melt down.

## Nutrition Facts



## Properties

Glycemic Index:72, Glycemic Load:4.12, Inflammation Score:-7, Nutrition Score:15.573913043478%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 32.58mg, Quercetin: 32.58mg, Quercetin: 32.58mg, Quercetin: 32.58mg

## Taste

Sweetness: 28.3%, Saltiness: 100%, Sourness: 22.26%, Bitterness: 32.71%, Savoriness: 78.52%, Fattiness: 55.82%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 126.84kcal (6.34%), Fat: 0.74g (1.14%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 19.44g (7.07%), Sugar: 11g (12.22%), Cholesterol: 0.55mg (0.18%), Sodium: 2070.41mg (90.02%), Protein: 9.15g (18.3%), Selenium: 28.53µg (40.75%), Vitamin B3: 8.12mg (40.59%), Manganese: 0.58mg (29.22%), Vitamin B6: 0.56mg (27.84%), Copper: 0.53mg (26.75%), Phosphorus: 257.74mg (25.77%), Potassium: 852.9mg (24.37%), Vitamin B5: 1.99mg (19.93%), Fiber: 4.98g (19.91%), Folate: 76.83µg (19.21%), Vitamin B2: 0.29mg (17.05%), Vitamin C: 13.71mg (16.62%), Vitamin B1: 0.19mg (12.74%), Iron: 1.74mg (9.68%), Zinc: 1.27mg (8.44%), Magnesium: 32.19mg (8.05%), Calcium: 59.17mg (5.92%), Vitamin D: 0.43µg (2.86%), Vitamin B12: 0.08µg (1.27%)