



Caesar turkey burgers

READY IN



35 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 garlic clove crushed
- ☐ 1 anchovy diced
- ☐ 1 juice of lemon
- ☐ 3 tbsp parmesan grated
- ☐ 1 small bunch parsley finely chopped
- ☐ 3 tbsp greek yogurt low-fat
- ☐ 1 lbs turkey lean minced
- ☐ 1 onion finely chopped
- ☐ 1 the of 1 cos lettuce shredded

- ☐ 4 small portugese rolls
- ☐ 2 tomatoes sliced

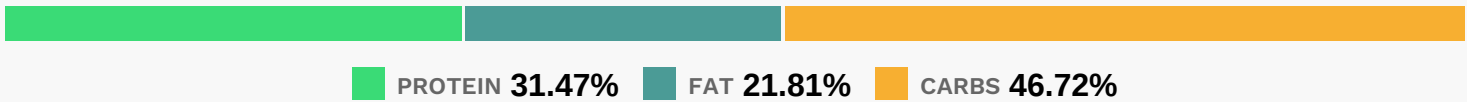
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Mix together the garlic, anchovy, lemon juice, two-thirds of the Parmesan and parsley. Put half in a small bowl, mix with the yogurt and set aside.
- ☐ Mix the other half in a large bowl with the mince and onion, then season. Shape into 4 burgers and place on a roasting tray, then cook for 15-20 mins, until cooked through.
- ☐ Meanwhile, mix the lettuce with the yogurt dressing and slice the buns. To assemble, place the burgers in the buns with some salad and a few tomato slices.
- ☐ Serve the burgers with any leftover salad sprinkled with the reserved Parmesan.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:24.4, Inflammation Score:-9, Nutrition Score:22.055652079375%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 342.48kcal (17.12%), Fat: 8.29g (12.75%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 39.95g (13.32%), Net Carbohydrates: 37.02g (13.46%), Sugar: 8.04g (8.94%), Cholesterol: 61.77mg (20.59%), Sodium: 461.34mg (20.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.83%), Vitamin K: 245.92µg (234.21%), Iron: 12.6mg (70%), Vitamin A: 2404.88IU (48.1%), Vitamin C: 32.83mg (39.79%), Vitamin B3: 6.91mg (34.56%), Vitamin B6: 0.6mg (30%), Selenium: 18.65µg (26.65%), Phosphorus: 209.95mg (21%), Vitamin B12: 1.03µg (17.22%), Potassium: 480.5mg (13.73%), Folate: 53.14µg (13.29%), Zinc: 1.89mg (12.57%), Vitamin B2: 0.2mg (11.98%), Fiber: 2.93g (11.7%), Calcium: 110.54mg (11.05%), Magnesium: 40.45mg (10.11%), Vitamin B5: 0.85mg (8.46%), Manganese: 0.16mg (8.19%), Copper: 0.14mg (7.02%), Vitamin B1: 0.1mg (6.44%), Vitamin E: 0.55mg (3.68%), Vitamin D: 0.26µg (1.74%)