



Cajun Turkey Burgers with Cayenne Curly Fries

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



937 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup onions and bell peppers frozen thawed chopped
- 4 leaves boston lettuce
- 1 tablespoon cajun spice
- 2 teaspoons cajun spice
- 0.5 teaspoon cayenne pepper
- 28 ounce curly fries (recommended: Ore-Ida)
- 0.5 teaspoon ground pepper black

- 1.3 pounds pd of ground turkey
- 0.5 teaspoon hot sauce
- 1 tablespoon hot sauce
- 1 tablespoon olive oil
- 4 onion buns
- 0.5 cup ranch dressing
- 0.3 cup oz. bacon into pieces
- 4 slices onion red
- 0.5 teaspoon salt
- 1 scallion finely chopped
- 4 slices tomatoes

Equipment

- bowl
- baking sheet
- oven
- grill pan

Directions

- Preheat oven to 400 degrees F.
- In large bowl combine all ingredients and toss until fries are well coated.
- Transfer to a baking sheet and bake for 20 minutes or until crispy.
- In small bowl combine all ingredients and mix until blended. Set aside.;
- Preheat a grill pan over medium-high heat.
- In a bowl mix together the ground turkey, onions and bell peppers, bacon pieces, Cajun seasoning, hot sauce, salt, and ground black pepper.
- Wet hands to prevent sticking, and form 4 patties of equal size. Spray grill pan with cooking spray.
- Reduce heat to medium and cook patties for 5 to 7 minutes per side or until cooked through.

Place all the ingredients into a small serving bowl and stir until combined.

Place the cooked burgers on the buns and serve with lettuce, tomato, onion and ranch dressing.

Nutrition Facts

PROTEIN 18.81% **FAT 48.32%** **CARBS 32.87%**

Properties

Glycemic Index:78.58, Glycemic Load:36.23, Inflammation Score:-10, Nutrition Score:39.88391322675%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 6.21mg, Isorhamnetin: 6.21mg, Isorhamnetin: 6.21mg, Isorhamnetin: 6.21mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 26.14mg, Quercetin: 26.14mg, Quercetin: 26.14mg, Quercetin: 26.14mg

Nutrients (% of daily need)

Calories: 936.52kcal (46.83%), Fat: 51.54g (79.29%), Saturated Fat: 13.45g (84.05%), Carbohydrates: 78.89g (26.3%), Net Carbohydrates: 65.4g (23.78%), Sugar: 9.51g (10.57%), Cholesterol: 95.85mg (31.95%), Sodium: 1927.75mg (83.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.14g (90.29%), Vitamin B6: 1.95mg (97.28%), Vitamin B3: 19.27mg (96.37%), Vitamin C: 77.2mg (93.57%), Vitamin A: 3433.19IU (68.66%), Vitamin K: 71.22µg (67.83%), Phosphorus: 598.73mg (59.87%), Fiber: 13.49g (53.96%), Potassium: 1734.84mg (49.57%), Selenium: 34.34µg (49.06%), Manganese: 0.82mg (40.94%), Vitamin B5: 2.95mg (29.54%), Folate: 115.69µg (28.92%), Iron: 5.19mg (28.83%), Magnesium: 106.61mg (26.65%), Zinc: 3.73mg (24.84%), Vitamin B1: 0.35mg (23.21%), Vitamin B2: 0.36mg (21.06%), Vitamin E: 2.95mg (19.69%), Vitamin B12: 0.77µg (12.9%), Copper: 0.25mg (12.6%), Calcium: 80.04mg (8%), Vitamin D: 0.6µg (3.98%)