



California Burgers

READY IN



45 min.

SERVINGS



10

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups alfalfa sprouts
- ☐ 2 avocados peeled cut into 10 slices
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 20 bread-and-butter pickles
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 tablespoon mayonnaise fat-free
- ☐ 3 garlic cloves minced
- ☐ 1.3 pounds pd of ground turkey

- ☐ 1.3 pounds ground turkey breast
- ☐ 2 ounce hamburger buns
- ☐ 0.5 cup catsup
- ☐ 10 leaf lettuce leaves red
- ☐ 2.5 inch onion red separated
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shallots finely chopped
- ☐ 1 teaspoon worcestershire sauce

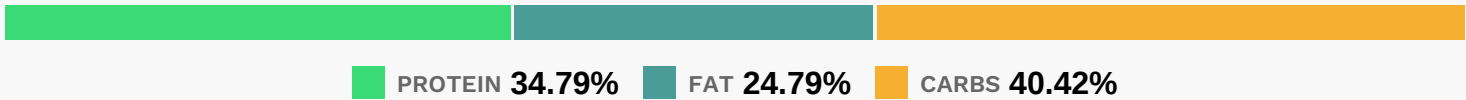
Equipment

- ☐ grill

Directions

- ☐ Prepare the grill to medium-high heat.
- ☐ To prepare sauce, combine first 3 ingredients; set aside.
- ☐ To prepare patties, combine shallots and the next 7 ingredients (through turkey breast), mixing well. Divide mixture into 10 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on grill rack coated with cooking spray; grill 4 minutes on each side or until done.
- ☐ Spread 1 tablespoon sauce on top half of each bun.
- ☐ Layer bottom half of each bun with 1 lettuce leaf, 1 patty, 2 pickles, 1 onion slice, 2 avocado slices, and about 1/3 cup of sprouts. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:16.87, Inflammation Score:-6, Nutrition Score:24.463478212771%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 398.57kcal (19.93%), Fat: 11.21g (17.25%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 35.22g (12.81%), Sugar: 7.83g (8.7%), Cholesterol: 62.49mg (20.83%), Sodium: 752.47mg (32.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.4g (70.81%), Vitamin B3: 15.52mg (77.6%), Selenium: 44.52µg (63.61%), Vitamin B6: 1.22mg (61.07%), Manganese: 0.88mg (44.2%), Phosphorus: 381.86mg (38.19%), Vitamin B1: 0.41mg (27.09%), Folate: 106.79µg (26.7%), Fiber: 5.9g (23.61%), Vitamin B2: 0.38mg (22.29%), Vitamin B5: 2.14mg (21.39%), Iron: 3.81mg (21.15%), Zinc: 3.1mg (20.67%), Potassium: 716.57mg (20.47%), Magnesium: 78.01mg (19.5%), Vitamin K: 16.98µg (16.18%), Copper: 0.28mg (14.05%), Calcium: 104.82mg (10.48%), Vitamin B12: 0.6µg (9.99%), Vitamin C: 6.9mg (8.37%), Vitamin E: 1.23mg (8.18%), Vitamin A: 242.42IU (4.85%), Vitamin D: 0.45µg (3.02%)