



California Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 8 oz brioche hamburger buns toasted
- ☐ 0.3 cup salsa verde
- ☐ 1 vegetable burgers

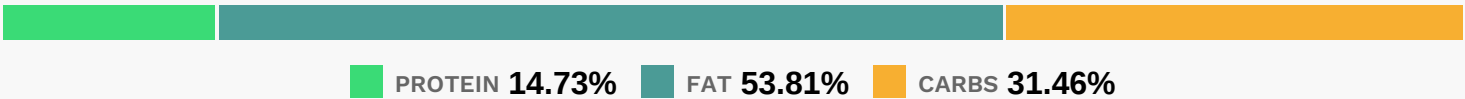
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In medium bowl, gently mix together turkey, garlic, paprika, and cumin.
- ☐ Form turkey into 4 (4-inch) patties; season with salt and pepper.
- ☐ Heat grill to medium-high; cook, turning once, until burgers are just cooked through (about 7 minutes per side).
- ☐ Serve with desired toppings and buns.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:5.2560869727446%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 390.95kcal (19.55%), Fat: 23.62g (36.34%), Saturated Fat: 9.23g (57.66%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 27.71g (10.08%), Sugar: 1.21g (1.35%), Cholesterol: 123.92mg (41.31%), Sodium: 397.89mg (17.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.09%), Vitamin A: 681.15IU (13.62%), Fiber: 3.37g (13.47%), Folate: 40.7µg (10.18%), Vitamin K: 10.55µg (10.05%), Potassium: 272.39mg (7.78%), Vitamin B5: 0.7mg (6.98%), Vitamin E: 1.04mg (6.93%), Vitamin C: 5.56mg (6.74%), Iron: 1.21mg (6.7%), Vitamin B6: 0.13mg (6.46%), Copper: 0.1mg (4.77%), Calcium: 45.12mg (4.51%), Vitamin B3: 0.87mg (4.37%), Vitamin B2: 0.07mg (3.84%), Magnesium: 14.57mg (3.64%), Manganese: 0.07mg (3.57%), Phosphorus: 26.13mg (2.61%), Vitamin B1: 0.03mg (2.24%), Zinc: 0.32mg (2.14%)