



## Chavrie Stuffed Turkey Burgers

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 eggs
- 1 teaspoon garlic chopped
- 4 ounces goat cheese fresh (log works best)
- 2 pounds pd of ground turkey
- 6 hawaiian rolls
- 1 teaspoon thyme leaves

### Equipment

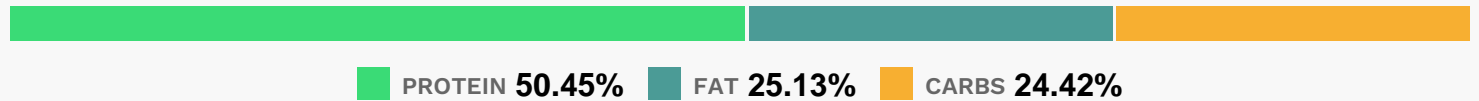
- bowl

grill

## Directions

- Slice Chavrie goat cheese log into 6 equal disks
- In a large bowl, combine the ground turkey, eggs, garlic and a pinch each of salt and pepper.
- Mix gently to bring all the ingredients together; do not over mix. Form meat mixture into 12 patties. On 6 of the patties, gently place Chavrie disks onto patties, pressing down lightly.
- Place remaining patties on top, press, and seal edges to totally enclose filling, forming 6 total patties.
- Place patties on grill 4 minutes, until bottom is brown. Turn the burgers over and cook an additional 4 minutes, or until done to your preference.
- Place in rolls and serve with your favorite accompaniments

## Nutrition Facts



## Properties

Glycemic Index:22.83, Glycemic Load:12.94, Inflammation Score:-6, Nutrition Score:21.803043478261%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 361.26kcal (18.06%), Fat: 10.02g (15.41%), Saturated Fat: 4.31g (26.96%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 21.06g (7.66%), Sugar: 3.36g (3.73%), Cholesterol: 146.41mg (48.8%), Sodium: 380.02mg (16.52%), Protein: 45.24g (90.47%), Vitamin B3: 16.58mg (82.89%), Selenium: 50.21µg (71.73%), Vitamin B6: 1.4mg (70.12%), Phosphorus: 465.19mg (46.52%), Vitamin B2: 0.43mg (25.14%), Vitamin B1: 0.35mg (23.17%), Zinc: 3.35mg (22.33%), Iron: 3.32mg (18.45%), Vitamin B12: 1.02µg (17.06%), Vitamin B5: 1.69mg (16.88%), Folate: 61.84µg (15.46%), Potassium: 527.68mg (15.08%), Magnesium: 59.18mg (14.79%), Copper: 0.29mg (14.34%), Manganese: 0.28mg (14.2%), Calcium: 103.38mg (10.34%), Vitamin A: 328.54IU (6.57%), Vitamin D: 0.97µg (6.49%), Fiber: 0.83g (3.32%), Vitamin E: 0.41mg (2.74%), Vitamin K: 2.46µg (2.34%), Vitamin C: 1.25mg (1.51%)