



Cheese-Stuffed Turkey Burgers

READY IN



22 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings arugula
- ☐ 0.5 teaspoon chili powder
- ☐ 2 tablespoons corn meal
- ☐ 0.3 cup egg substitute
- ☐ 1.3 pounds ground turkey breast lean
- ☐ 4 hamburger buns toasted
- ☐ 4 tablespoons yogurt plain low-fat
- ☐ 4 ounce monterrey jack cheese
- ☐ 4 slices onion red thick

- ☐ 4 tablespoons salsa
- ☐ 0.3 teaspoon lawry's seasoned salt

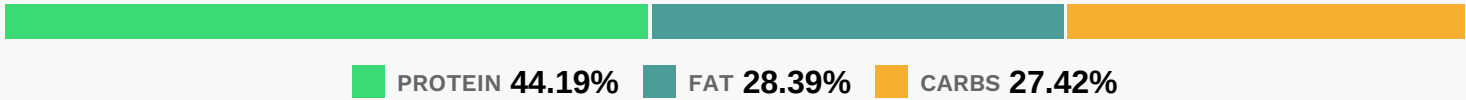
Equipment

- ☐ bowl
- ☐ oven
- ☐ grill

Directions

- ☐ Mix turkey, corn meal, egg substitute, seasoned salt and chili powder in a medium bowl. Divide mixture evenly into 8 patties. Top four patties with a slice of cheese and cover with remaining 4 patties. Press edges together to seal in cheese.
- ☐ Grill burgers over medium-hot coals for about 5 minutes on each side.
- ☐ Mix yogurt and salsa together in a small bowl.
- ☐ Place a burger on each bun and top with onion, arugula and salsa mixture.

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:15.46, Inflammation Score:-7, Nutrition Score:25.983043504798%

Flavonoids

Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 436.92kcal (21.85%), Fat: 13.79g (21.21%), Saturated Fat: 6.74g (42.15%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 27.95g (10.16%), Sugar: 6.48g (7.2%), Cholesterol: 104.39mg (34.8%), Sodium: 756.52mg (32.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.28g (96.55%), Vitamin B3: 16.01mg (80.03%), Selenium: 54.58µg (77.98%), Vitamin B6: 1.38mg (69.05%), Phosphorus: 557.05mg (55.7%), Calcium: 350.12mg (35.01%), Vitamin B2: 0.51mg (30.14%), Zinc: 4.25mg (28.35%), Vitamin B1: 0.38mg (25.63%), Vitamin B12: 1.21µg (20.12%), Potassium: 691.95mg (19.77%), Magnesium: 78.53mg (19.63%), Iron: 3.52mg (19.56%), Folate: 76.23µg

(19.06%), Vitamin B5: 1.8mg (17.99%), Manganese: 0.36mg (17.8%), Vitamin K: 14.74µg (14.04%), Vitamin A: 686.33IU (13.73%), Copper: 0.18mg (9.11%), Fiber: 2.02g (8.07%), Vitamin D: 0.98µg (6.51%), Vitamin E: 0.89mg (5.92%), Vitamin C: 3.64mg (4.41%)