



Cheese-Stuffed Turkey Burgers

READY IN



30 min.

SERVINGS



12

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds pd of ground turkey
- 1 pepper flakes seeded chopped
- 1 cup monterrey jack cheese diced with jalapeño peppers
- 0.8 teaspoon pepper
- 1.5 cups bacon
- 12 hawaiian rolls split toasted
- 12 slices tomato
- 1 serving salsa

Equipment

grill

Directions

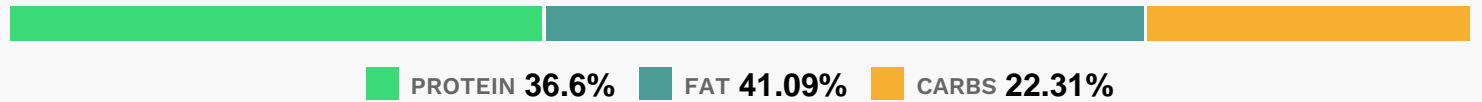
Heat coals or gas grill.

Mix turkey, chilies, cheese, pepper and 1 1/2 cups salsa. Shape mixture into 12 patties, each about 3/4 inch thick.

Cover and grill patties 4 to 6 inches from medium heat 12 to 15 minutes or until no longer pink in center.

Serve on buns with tomato slices and additional salsa.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:13.04, Inflammation Score:-4, Nutrition Score:18.76173937839%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 408.19kcal (20.41%), Fat: 18.51g (28.48%), Saturated Fat: 6.65g (41.56%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 21.69g (7.89%), Sugar: 3.5g (3.89%), Cholesterol: 90.27mg (30.09%), Sodium: 540.44mg (23.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.1g (74.2%), Vitamin B3: 14.09mg (70.44%), Selenium: 44.12µg (63.02%), Vitamin B6: 1.11mg (55.49%), Phosphorus: 388.14mg (38.81%), Vitamin B1: 0.39mg (26.06%), Zinc: 2.96mg (19.73%), Vitamin B2: 0.31mg (18.35%), Vitamin B12: 0.89µg (14.84%), Iron: 2.6mg (14.45%), Calcium: 138.97mg (13.9%), Manganese: 0.28mg (13.8%), Potassium: 476.15mg (13.6%), Folate: 52.33µg (13.08%), Magnesium: 50.45mg (12.61%), Vitamin B5: 1.2mg (11.97%), Vitamin C: 6.14mg (7.44%), Copper: 0.14mg (6.84%), Vitamin D: 0.63µg (4.19%), Fiber: 0.92g (3.69%), Vitamin A: 169.65IU (3.39%), Vitamin K: 3.22µg (3.07%), Vitamin E: 0.41mg (2.75%)