



Chipotle-Bacon Turkey Burger

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chipotles in adobo canned
- 1 teaspoon anchovy minced
- 0.5 teaspoon pepper black as needed freshly ground plus more
- 8 slices bacon cooked
- 1 large eggs
- 1.5 pounds pd of ground turkey
- 0.3 cup catsup
- 1.5 teaspoons kosher salt as needed plus more

- 1 tablespoon olive oil
- 1 medium onion red
- 1 teaspoon red wine vinegar
- 2 teaspoons soya sauce
- 4 portugese rolls toasted sliced in half horizontally and
- 4 servings vegetable oil for oiling the grill

Equipment

- bowl
- paper towels
- baking pan
- grill
- kitchen thermometer
- spatula
- tongs
- grill pan

Directions

- Place the ketchup and chipotle sauce in a small bowl and stir to combine; set aside. For the burgers: Slice the onion into 1/4-inch-thick rounds. Keeping the slices intact in their concentric rings, place three-quarters of the rounds in a shallow baking dish and drizzle with the olive oil and vinegar. Season with salt and pepper and turn to coat in the oil and vinegar; set aside. Finely chop the remaining rounds and place in a medium bowl (you should have about 1/2 cup).
- Add the turkey, soy sauce, anchovy paste, egg, and measured salt and pepper to the bowl and mix with your hands until just evenly combined. Divide the mixture into 4 equal portions. Shape each portion into an even 3/4-inch-thick patty, wetting your hands with water as needed if the mixture is sticky.
- Transfer the patties to a plate and refrigerate while you prepare the grill.
- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). When the grill is ready, use tongs to rub the grate with several layers of paper towels dipped in vegetable oil. Using

tongs, place the marinated onion rounds on the grill, close the grill, and cook until seared and softened, flipping halfway through the cooking time, about 8 minutes.

- Transfer to a plate and set aside. Using a flat spatula, transfer the reserved turkey patties to the grill, close the grill, and cook undisturbed (do not press down on the patties) until grill marks appear on the bottom, about 5 to 6 minutes. Using a clean spatula, flip the burgers, close the grill, and cook until the patties are cooked through and an instant-read thermometer registers 165°F, about 6 minutes more.
- Spread about 1 1/2 teaspoons of the chipotle ketchup on each top and bottom roll (about 3 teaspoons per burger—you'll probably have some ketchup leftover).
- Place 2 bacon slices on each bottom roll and top with a turkey patty. Top each patty with a fourth of the grilled onions and coleslaw and close with the roll tops.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:23.58, Inflammation Score:-5, Nutrition Score:25.426956435908%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 643.17kcal (32.16%), Fat: 29.9g (46%), Saturated Fat: 5.78g (36.14%), Carbohydrates: 40.51g (13.5%), Net Carbohydrates: 38.47g (13.99%), Sugar: 9.04g (10.05%), Cholesterol: 156.19mg (52.06%), Sodium: 1843.38mg (80.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.39g (106.78%), Vitamin B3: 18.64mg (93.2%), Vitamin B6: 1.63mg (81.44%), Selenium: 50µg (71.43%), Iron: 12.68mg (70.43%), Phosphorus: 490.09mg (49.01%), Vitamin K: 28.86µg (27.49%), Zinc: 3.74mg (24.96%), Potassium: 693.48mg (19.81%), Vitamin B12: 1.16µg (19.27%), Vitamin B5: 1.93mg (19.26%), Vitamin B2: 0.31mg (18.32%), Magnesium: 62.39mg (15.6%), Vitamin E: 2.2mg (14.64%), Vitamin B1: 0.22mg (14.45%), Fiber: 2.04g (8.16%), Copper: 0.16mg (7.86%), Folate: 26.69µg (6.67%), Vitamin D: 0.99µg (6.63%), Manganese: 0.12mg (5.88%), Vitamin A: 195.25IU (3.9%), Vitamin C: 2.66mg (3.22%), Calcium: 31.92mg (3.19%)