



Cilantro Turkey Burgers with Chipotle Ketchup

READY IN



45 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 7 ounce chipotle chiles in adobo sauce canned
- 0.3 cup breadcrumbs dry
- 0.3 cup cilantro leaves fresh minced
- 1 pound pd of ground turkey
- 0.3 cup catsup
- 4 leaf lettuce leaves red
- 1 ounce preshredded parmesan cheese
- 0.3 teaspoon salt

10 ounce hamburger buns whole wheat

Equipment

bowl

frying pan

grill pan

Directions

Combine first 6 ingredients in a large bowl. Divide turkey mixture into 4 equal portions, shaping each into a 1/3-inch-thick patty.

Heat a large grill pan or large nonstick skillet coated with cooking spray over medium-high heat.

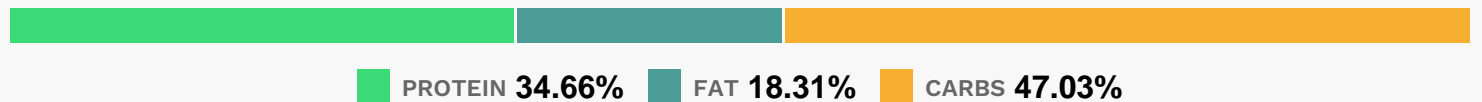
Add turkey patties, and cook 5 minutes on each side or until done.

Remove 1 chile and 1 teaspoon adobo sauce from can. Reserve remaining chiles and sauce for another use. Mince the chile.

Combine chile, adobo sauce, and ketchup.

Place 1 patty on bottom half of each bun; top each patty with 1 tablespoon chipotle ketchup and 1 lettuce leaf. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:24.519130193669%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 425.64kcal (21.28%), Fat: 8.8g (13.54%), Saturated Fat: 2.81g (17.58%), Carbohydrates: 50.84g (16.95%), Net Carbohydrates: 42.66g (15.51%), Sugar: 11.56g (12.85%), Cholesterol: 67.19mg (22.4%), Sodium: 844.48mg (36.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.47g (74.94%), Vitamin B3: 15.02mg (75.12%),

Selenium: 51.6µg (73.71%), Vitamin B6: 1.08mg (54.05%), Manganese: 0.85mg (42.39%), Phosphorus: 412.77mg (41.28%), Vitamin B1: 0.49mg (32.76%), Fiber: 8.17g (32.69%), Iron: 5.45mg (30.29%), Vitamin B2: 0.43mg (25.06%), Folate: 100.22µg (25.05%), Zinc: 3.1mg (20.66%), Magnesium: 73.61mg (18.4%), Calcium: 175.01mg (17.5%), Potassium: 523mg (14.94%), Vitamin B5: 1.44mg (14.44%), Copper: 0.26mg (13.06%), Vitamin B12: 0.7µg (11.7%), Vitamin K: 8.07µg (7.68%), Vitamin A: 306.22IU (6.12%), Vitamin D: 0.49µg (3.26%), Vitamin E: 0.4mg (2.66%), Vitamin C: 0.92mg (1.12%)