



Cowgirl Turkey Burgers

READY IN



20 min.

SERVINGS



20

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup arugula
- 2 Tbsp original barbecue sauce kraft
- 5 big colby jack cheese kraft
- 1.3 lb pd of ground turkey
- 5 multi-grain sandwich buns thin
- 1 vidalia onion cut into 5 slices

Equipment

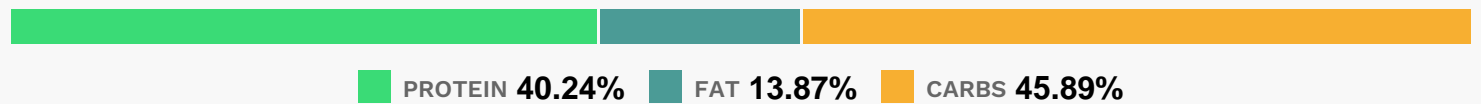
- bowl

grill

Directions

- Heat greased grill to medium heat.
- Shape turkey into 5 patties. Grill patties and onions 8 to 10 min. or until burgers are done (165F) and onions are tender, turning after 5 min. Top burgers with cheese.
- Remove burgers and onions from grill.
- Place onions in bowl.
- Add barbecue sauce; toss to coat.
- Fill buns with arugula, cheeseburgers and onions.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.7030435126761%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 82.83kcal (4.14%), Fat: 1.27g (1.96%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 8.98g (3.26%), Sugar: 1.66g (1.84%), Cholesterol: 15.83mg (5.28%), Sodium: 112.46mg (4.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.62%), Selenium: 11.98µg (17.11%), Vitamin B3: 3.39mg (16.95%), Vitamin B6: 0.27mg (13.56%), Phosphorus: 84.81mg (8.48%), Vitamin B1: 0.09mg (6.21%), Folate: 20.18µg (5.04%), Vitamin B2: 0.08mg (4.9%), Zinc: 0.67mg (4.45%), Manganese: 0.08mg (4.18%), Iron: 0.75mg (4.16%), Potassium: 124.82mg (3.57%), Magnesium: 14.08mg (3.52%), Vitamin B5: 0.33mg (3.3%), Copper: 0.05mg (2.53%), Vitamin B12: 0.15µg (2.44%), Calcium: 20.77mg (2.08%), Fiber: 0.5g (2%), Vitamin C: 0.88mg (1.07%)