



Cranberry Bog Turkey Burgers, served with Corn on the Cob with Chive Butter

READY IN



30 min.

SERVINGS



4

CALORIES



849 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 leaves bibb lettuce cleaned
- 4 tablespoons butter
- 1 rib celery from heart of the stalk finely chopped
- 20 blades chives fresh finely chopped
- 4 ears corn
- 1.3 pounds ground turkey breast (the average weight of 1 package from meat case)
- 1 small mcintosh apples finely chopped
- 1 teaspoon poultry seasoning

- 0.5 cup reduced fat mayonnaise
- 4 servings salt and pepper
- 4 sandwich size sourdough muffins english
- 4 servings vegetable oil for drizzling
- 1 small onion white chopped
- 1 cup berry cranberry sauce whole prepared

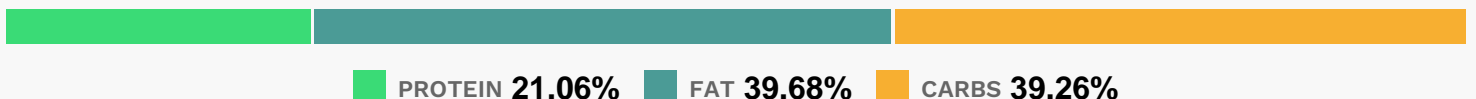
Equipment

- bowl
- frying pan
- pot
- grill
- grill pan

Directions

- Combine turkey, apple, onion, celery, poultry seasoning, salt, and pepper in a bowl and form into 4 large patties. Preheat a large skillet or a grill pan to medium high heat.
- Drizzle skillet or brush grill with vegetable oil and cook patties 5 to 6 minutes on each side. Toast split English muffins.
- Mix together cranberry sauce and mayonnaise.
- Spread muffin halves with cran-mayonnaise and pile in burgers and Bibb lettuce.
- Serve burgers with corn on the cob and berry desserts.
- Bring a large pot of water to a boil.
- Add salt and corn and cook for 5 to 6 minute.
- Drain ears and spread with butter.
- Sprinkle ears with a generous coating of chopped chives.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:1.77, Inflammation Score:-9, Nutrition Score:34.080869488094%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

Nutrients (% of daily need)

Calories: 849.17kcal (42.46%), Fat: 38.51g (59.25%), Saturated Fat: 11.73g (73.29%), Carbohydrates: 85.74g (28.58%), Net Carbohydrates: 80.15g (29.15%), Sugar: 34.92g (38.8%), Cholesterol: 117.74mg (39.25%), Sodium: 922.62mg (40.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.98g (91.97%), Vitamin B3: 18.98mg (94.88%), Vitamin K: 89.68µg (85.41%), Selenium: 57.74µg (82.49%), Vitamin B6: 1.48mg (74.24%), Phosphorus: 513.57mg (51.36%), Vitamin B1: 0.56mg (37.06%), Vitamin A: 1850.96IU (37.02%), Folate: 138.66µg (34.66%), Manganese: 0.6mg (30.25%), Vitamin B2: 0.46mg (27.01%), Potassium: 937.95mg (26.8%), Magnesium: 105.54mg (26.39%), Zinc: 3.81mg (25.42%), Iron: 4.55mg (25.25%), Vitamin B5: 2.35mg (23.47%), Fiber: 5.59g (22.35%), Vitamin E: 3.28mg (21.9%), Vitamin C: 13.91mg (16.86%), Copper: 0.29mg (14.34%), Vitamin B12: 0.79µg (13.25%), Calcium: 94.19mg (9.42%), Vitamin D: 0.6µg (4.03%)