



## Cumin Turkey Burgers

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup bread crumbs dry
- ☐ 1 eggs
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons ground cumin
- ☐ 1.5 pounds pd of ground turkey
- ☐ 6 hamburger buns split toasted
- ☐ 2 jalapeño peppers minced seeded

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 teaspoon ground mustard
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup worcestershire sauce

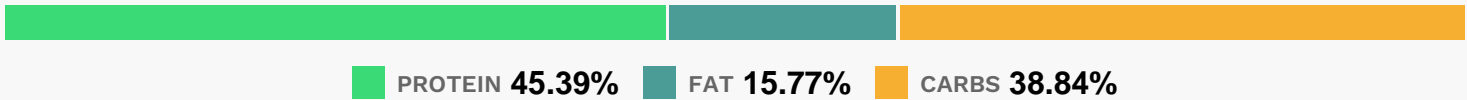
## Equipment

- ☐ mixing bowl
- ☐ grill
- ☐ kitchen thermometer

## Directions

- ☐ Mix the egg, jalapeno peppers, and garlic in a large mixing bowl until the egg is well blended.
- ☐ Add the soy sauce, Worcestershire sauce, cumin, mustard, paprika, chili powder, salt, bread crumbs, and turkey; mix well and form into 6 patties.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Cook the turkey burgers on the preheated grill until no longer pink in the center and the juices run clear, about 4 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Serve on the toasted hamburger buns.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:13.05, Inflammation Score:-6, Nutrition Score:19.475217363109%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 298.56kcal (14.93%), Fat: 5.22g (8.03%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 27.43g (9.97%), Sugar: 4.92g (5.47%), Cholesterol: 89.65mg (29.88%), Sodium: 946.39mg (41.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.8g (67.59%), Vitamin B3: 13.48mg (67.39%), Selenium: 41.2µg (58.85%), Vitamin B6: 1.08mg (54.03%), Phosphorus: 357.68mg (35.77%), Vitamin B1: 0.37mg (24.98%), Iron: 4.05mg (22.48%), Vitamin B2: 0.35mg (20.7%), Manganese: 0.39mg (19.65%), Zinc: 2.67mg (17.78%), Potassium: 575.82mg (16.45%), Folate: 65.45µg (16.36%), Magnesium: 59.88mg (14.97%), Vitamin B12: 0.75µg (12.42%), Vitamin B5: 1.2mg (12.02%), Calcium: 103.95mg (10.39%), Vitamin C: 7.97mg (9.67%), Copper: 0.17mg (8.74%), Vitamin A: 349.99IU (7%), Fiber: 1.49g (5.95%), Vitamin E: 0.7mg (4.64%), Vitamin D: 0.6µg (4%), Vitamin K: 3.88µg (3.69%)