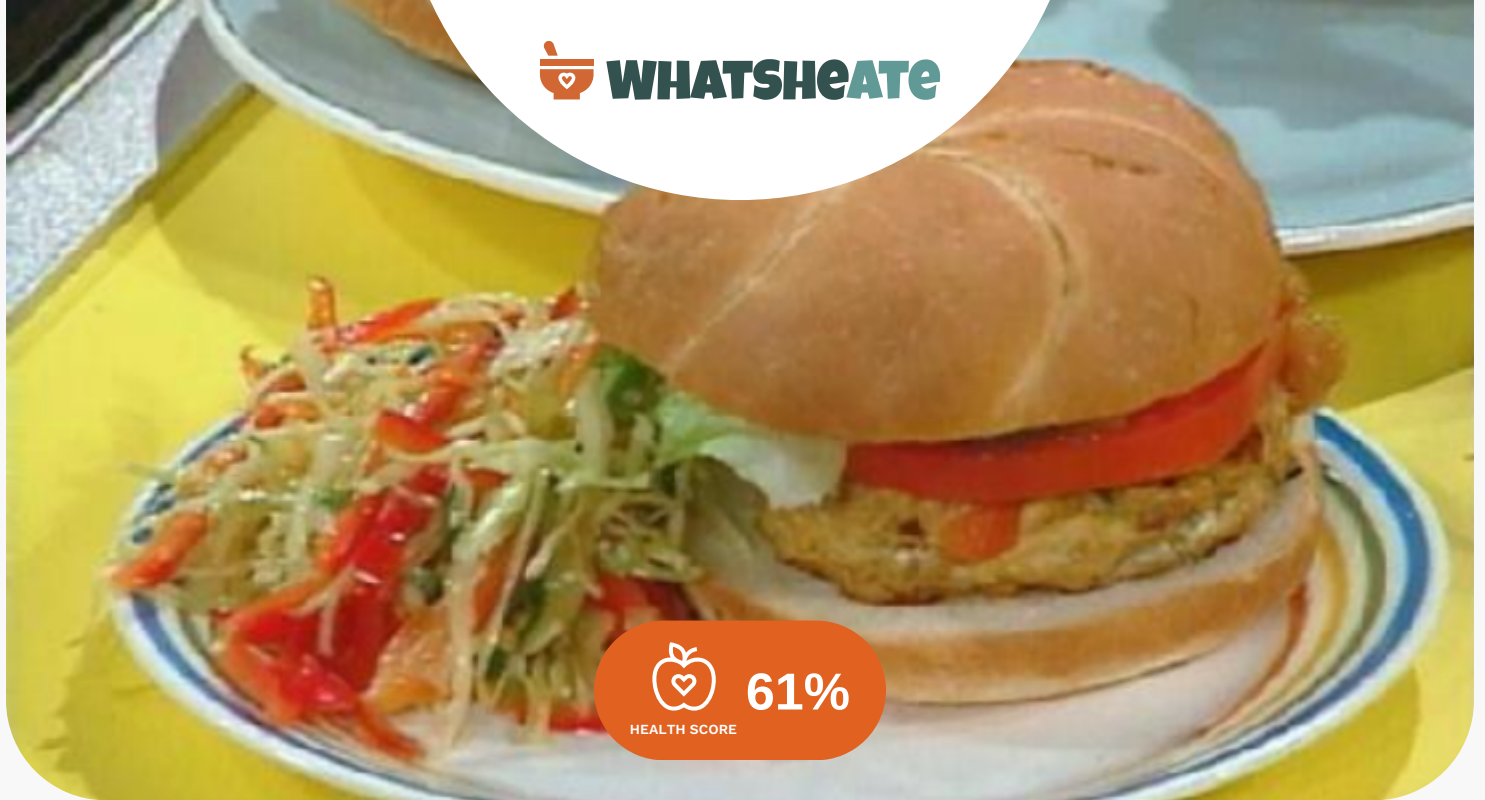




HEALTH SCORE

61%

Curry Turkey Burgers



Dairy Free



Very Healthy

READY IN



28 min.

SERVINGS



5

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 leaves basil fresh shredded
- ☐ 16 ounces cabbage from produce department shredded prepared (coleslaw mix)
- ☐ 2 tablespoons canola oil
- ☐ 1 handful cilantro leaves chopped fine
- ☐ 5 servings coarse salt
- ☐ 5 crusty rolls split
- ☐ 0.3 european cucumber seedless sliced into thin sticks
- ☐ 2 tablespoons a handful of curry powder (Preferred brand: Patak's Mild Curry Paste)

- ☐ 1 inch ginger fresh minced grated
- ☐ 1 clove garlic minced
- ☐ 2 cloves garlic minced
- ☐ 1.3 pounds ground turkey breast
- ☐ 1 leaf bib
- ☐ 5 servings mango chutney (preferred brands: Major Grey's or Patak's Mango Chutney)
- ☐ 5 servings drizzle olive oil extra-virgin
- ☐ 0.5 bell pepper red finely chopped
- ☐ 1 small bell pepper red seeded thinly sliced
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 0.3 cup rice wine vinegar
- ☐ 2 scallions thinly sliced
- ☐ 3 scallions thinly sliced
- ☐ 1 teaspoon sesame oil toasted
- ☐ 5 servings sesame seed toasted
- ☐ 1 tablespoon soya sauce
- ☐ 2 teaspoons sugar
- ☐ 5 servings vine-ripe tomatoes sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

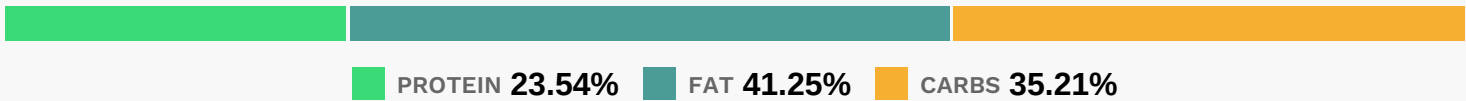
Directions

- ☐ Watch how to make this recipe.
- ☐ Combine first 8 ingredients and form into 5 patties.
- ☐ Brush or drizzle patties with extra-virgin olive oil. Grill patties 6 minutes on each side on indoor electric grill or pan fry for same amount of time in a large nonstick skillet over medium

high heat.

- ☐ Pile patties on split crusty rolls with lettuce, tomato, and chutney spread liberally on roll tops as a condiment.
- ☐ Serve curry turkey burgers with Thai Slaw and root vegetable chips.
- ☐ Combine vegetables in a bowl.
- ☐ Combine dressing ingredients in a small plastic container and shake vigorously for 1 minute.
- ☐ Drizzle sauce over vegetables and toss to coat evenly.
- ☐ Let stand 10 minutes and re-toss before serving and garnish with toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:129.82, Glycemic Load:12.86, Inflammation Score:-10, Nutrition Score:41.569565379101%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 628.12kcal (31.41%), Fat: 29.57g (45.5%), Saturated Fat: 4.19g (26.19%), Carbohydrates: 56.81g (18.94%), Net Carbohydrates: 47.86g (17.4%), Sugar: 20.98g (23.31%), Cholesterol: 66.53mg (22.18%), Sodium: 745.47mg (32.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.97g (75.94%), Vitamin K: 138.88µg (132.27%), Vitamin C: 98mg (118.79%), Vitamin B3: 15.9mg (79.51%), Vitamin B6: 1.54mg (76.83%), Selenium: 43.13µg (61.62%), Vitamin A: 2841.27IU (56.83%), Manganese: 1.06mg (52.86%), Phosphorus: 465.8mg (46.58%), Folate: 162.18µg (40.54%), Vitamin E: 5.51mg (36.76%), Fiber: 8.95g (35.8%), Vitamin B1: 0.53mg (35.19%), Potassium: 1225.4mg (35.01%), Copper: 0.66mg (33.24%), Iron: 5.64mg (31.35%), Magnesium: 121.42mg (30.35%), Zinc: 3.93mg (26.21%), Vitamin B2: 0.42mg (24.63%), Calcium: 213.69mg (21.37%), Vitamin B5: 1.79mg (17.91%), Vitamin B12: 0.62µg (10.28%), Vitamin D: 0.48µg (3.23%)