



El Paso Grilled Turkey Patties

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs slightly beaten
- 20 oz pd of ground turkey lean
- 0.3 cup breadcrumbs plain
- 6.3 oz taco seasoning
- 1 cup salsa thick
- 1 medium avocado pitted peeled chopped
- 4 cups lettuce shredded

Equipment

bowl

grill

Directions

- Heat gas or charcoal grill. In medium bowl, mix egg, turkey, bread crumbs, taco seasoning mix and 1/4 cup of the salsa. Shape mixture into 4 patties, 1/2 inch thick.
- When grill is heated, place patties on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook 10 to 12 minutes, turning once, until patties are no longer pink in center.
- Meanwhile, in medium bowl, mix remaining 3/4 cup salsa and the avocado. To serve, place 1 cup lettuce on each serving plate; top with turkey patty and 1/4 of avocado mixture.

Nutrition Facts

PROTEIN 36.3% **FAT 25.13%** **CARBS 38.57%**

Properties

Glycemic Index:18, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:31.212608461795%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 393.76kcal (19.69%), Fat: 11.78g (18.12%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 26.65g (9.69%), Sugar: 13g (14.44%), Cholesterol: 118.88mg (39.63%), Sodium: 4148.25mg (180.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.29g (76.57%), Vitamin A: 4997.06IU (99.94%), Vitamin B3: 15.91mg (79.54%), Vitamin B6: 1.52mg (75.77%), Fiber: 14.03g (56.13%), Selenium: 37.26µg (53.23%), Phosphorus: 416.01mg (41.6%), Vitamin C: 28.21mg (34.19%), Iron: 5.44mg (30.25%), Vitamin K: 31.11µg (29.63%), Potassium: 959.5mg (27.41%), Vitamin B5: 2.35mg (23.48%), Folate: 87.91µg (21.98%), Zinc: 3.29mg (21.96%), Vitamin B2: 0.33mg (19.44%), Magnesium: 74.69mg (18.67%), Vitamin B1: 0.24mg (16.23%), Manganese: 0.31mg (15.42%), Vitamin E: 2.18mg (14.55%), Vitamin B12: 0.84µg (14.07%), Copper: 0.26mg (13.15%), Calcium: 59.95mg

(6%), Vitamin D: 0.79 μ g (5.25%)