



Fajita Turkey Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 egg white
- 1 bell pepper green cut into 4 wedges
- 1 lb ground turkey breast
- 4 multi-grain hamburger buns
- 4 onion
- 0.5 cup taco bellâ® & chunky salsa thick divided
- 0.5 cup milk four cheese shredded 2% mexican style divided kraft finely

Equipment

grill

Directions

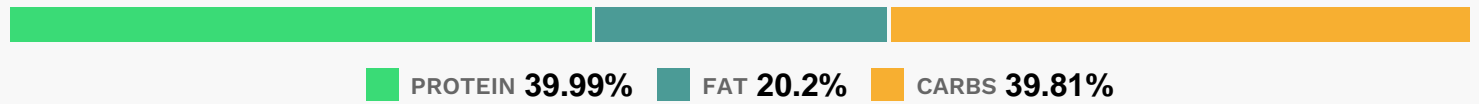
Heat greased grill to medium heat.

Mix turkey, egg white and 1/4 cup each cheese and salsa; shape into 4 (1/2-inch-thick) patties.

Grill patties and vegetables 5 to 6 min. on each side or until burgers are done (165F) and vegetables are crisp-tender.

Combine remaining cheese and salsa. Fill buns with burgers, vegetables and cheese mixture.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:15.43, Inflammation Score:-8, Nutrition Score:23.809565233148%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.99mg, Quercetin: 22.99mg, Quercetin: 22.99mg, Quercetin: 22.99mg

Nutrients (% of daily need)

Calories: 359.94kcal (18%), Fat: 8.16g (12.55%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 32.44g (11.79%), Sugar: 9.8g (10.89%), Cholesterol: 79.06mg (26.35%), Sodium: 714.95mg (31.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.34g (72.69%), Vitamin B3: 13.63mg (68.17%), Vitamin B6: 1.33mg (66.73%), Selenium: 41.91µg (59.87%), Phosphorus: 413.41mg (41.34%), Vitamin C: 33.24mg (40.29%), Vitamin B2: 0.49mg (28.61%), Vitamin B1: 0.41mg (27.46%), Manganese: 0.47mg (23.28%), Zinc: 3.14mg (20.95%), Folate: 80.97µg (20.24%), Potassium: 707.35mg (20.21%), Calcium: 195.66mg (19.57%), Magnesium: 66.01mg (16.5%), Vitamin B12: 0.99µg (16.47%), Iron: 2.94mg (16.36%), Fiber: 3.73g (14.94%), Vitamin B5: 1.42mg (14.24%), Copper: 0.2mg (10.2%), Vitamin A: 376.18IU (7.52%), Vitamin K: 6.41µg (6.1%), Vitamin E: 0.76mg (5.05%), Vitamin D: 0.53µg (3.52%)