



## Fajita Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons avocado chopped
- 1 egg white
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 cup bell pepper green finely chopped
- 1 pound pd of ground turkey
- 0.5 cup onion finely chopped
- 0.5 cup bell pepper red finely chopped
- 0.3 teaspoon salt divided

- 2 teaspoons fajita seasoning divided
- 0.3 cup bottled tomatillo salsa
- 1 tablespoon tomato paste
- 2 ounce bread white
- 6 ounce hamburger buns whole wheat toasted

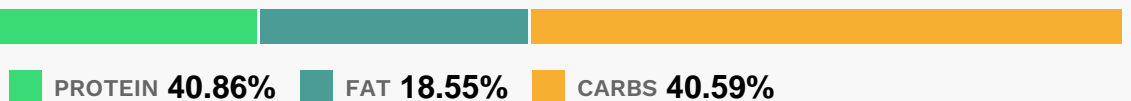
## Equipment

- food processor
- bowl
- frying pan

## Directions

- Combine tomatillo salsa, chopped avocado, and cilantro; set aside.
- Place bread in a food processor; pulse 10 times or until crumbs measure 1 cup.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add onion and bell peppers; saut 5 minutes or until tender. Stir in 1/2 teaspoon fajita seasoning and 1/8 teaspoon salt. Cool.
- Combine breadcrumbs, onion mixture, remaining 1 1/2 teaspoons fajita seasoning, remaining 1/8 teaspoon salt, tomato paste, turkey, and egg white in a large bowl. Using damp hands, divide turkey mixture into 4 equal portions, shaping each into a 3/4-inch-thick patty.
- Heat pan over medium heat. Recoat pan with cooking spray.
- Add patties; cook 4 minutes on each side or until done.
- Place 1 patty on bottom half of each bun. Top each serving with 1 1/2 tablespoons salsa mixture; top with remaining halves of buns.

## Nutrition Facts



## Properties

Glycemic Index:66.44, Glycemic Load:6.03, Inflammation Score:-8, Nutrition Score:25.584347787111%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

## Nutrients (% of daily need)

Calories: 326.46kcal (16.32%), Fat: 6.88g (10.58%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 29.13g (10.59%), Sugar: 7.07g (7.85%), Cholesterol: 62.37mg (20.79%), Sodium: 614.47mg (26.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.08g (68.16%), Vitamin B3: 14.26mg (71.3%), Selenium: 43.85µg (62.64%), Vitamin B6: 1.2mg (59.94%), Vitamin C: 42.57mg (51.6%), Manganese: 0.74mg (36.97%), Phosphorus: 351.85mg (35.18%), Vitamin B1: 0.38mg (25.42%), Folate: 99.2µg (24.8%), Iron: 4.29mg (23.85%), Vitamin B2: 0.37mg (21.98%), Vitamin K: 21.43µg (20.41%), Potassium: 670.89mg (19.17%), Fiber: 4.72g (18.89%), Zinc: 2.82mg (18.77%), Magnesium: 72.96mg (18.24%), Vitamin A: 890.22IU (17.8%), Vitamin B5: 1.54mg (15.36%), Calcium: 123.88mg (12.39%), Copper: 0.25mg (12.27%), Vitamin B12: 0.59µg (9.82%), Vitamin E: 1.29mg (8.62%), Vitamin D: 0.45µg (3.02%)