



Feta Cheese Turkey Burgers

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup feta cheese crumbled
- 4 servings ground pepper black to taste
- 1 pound pd of ground turkey
- 0.5 cup kalamata olives pitted sliced
- 2 teaspoons oregano dried

Equipment

- bowl
- grill

Directions

- Preheat the grill for medium high heat.
- In a large bowl, combine turkey, feta cheese, olives, oregano, and pepper.
- Mix together, and form into patties.
- Lightly oil the grate.
- Place patties on the grill. Cook for 10 to 12 minutes, turning halfway through.

Nutrition Facts

PROTEIN 50.34% **FAT 45.21%** **CARBS 4.45%**

Properties

Glycemic Index:16, Glycemic Load:0.42, Inflammation Score:-8, Nutrition Score:16.579130557487%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 253.75kcal (12.69%), Fat: 12.9g (19.85%), Saturated Fat: 5.9g (36.87%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.13g (0.15%), Cholesterol: 95.74mg (31.91%), Sodium: 748.85mg (32.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.33g (64.65%), Vitamin B3: 11.47mg (57.34%), Vitamin B6: 1.15mg (57.34%), Selenium: 30.89µg (44.13%), Phosphorus: 386.1mg (38.61%), Vitamin B2: 0.44mg (26.01%), Calcium: 213.46mg (21.35%), Zinc: 3.11mg (20.74%), Vitamin B12: 1.21µg (20.2%), Vitamin B5: 1.38mg (13.75%), Magnesium: 44.74mg (11.18%), Potassium: 378.79mg (10.82%), Vitamin B1: 0.13mg (8.9%), Iron: 1.58mg (8.76%), Vitamin K: 7.29µg (6.94%), Vitamin E: 0.97mg (6.49%), Folate: 23.97µg (5.99%), Vitamin A: 270.48IU (5.41%), Copper: 0.11mg (5.28%), Fiber: 1.01g (4.03%), Vitamin D: 0.6µg (4.02%), Manganese: 0.08mg (4%)