



Feta-Stuffed Turkey Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cucumber english grated
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1.5 ounces feta cheese crumbled
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 pound pd of ground turkey
- ☐ 8 ounce hawaiian rolls
- ☐ 1 teaspoon lemon zest grated
- ☐ 4 leaf curly kale leaves green

- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 inch tomatoes

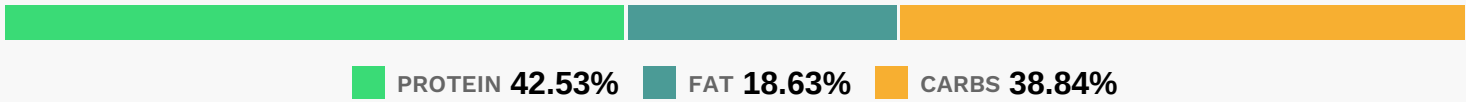
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Combine first 6 ingredients. Divide mixture into four portions. Indent center of each portion; place 1 1/2 tablespoons feta into each. Fold turkey mixture around cheese; shape each portion into a 1/2-inch-thick patty.
- ☐ Heat grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties; cook 5 minutes on each side.
- ☐ Combine cucumber, yogurt, and mint in a small bowl. Arrange 1 turkey patty, 1 tomato slice, 1 lettuce leaf, and 2 tablespoons yogurt mixture on bottom half of each roll. Top with top halves of rolls.
- ☐ Heat 2 teaspoons olive oil in a large skillet over medium-high heat.
- ☐ Add 2 cups sliced zucchini and 2 minced garlic cloves; saut 5 minutes.
- ☐ Add 2 teaspoons lemon juice, 1/4 teaspoon salt, and 1/8 teaspoon black pepper.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:17.33, Inflammation Score:-7, Nutrition Score:20.024347865063%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 329.93kcal (16.5%), Fat: 6.8g (10.46%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 31.91g (10.64%), Net Carbohydrates: 30.27g (11.01%), Sugar: 5.9g (6.56%), Cholesterol: 72.14mg (24.05%), Sodium: 763.01mg (33.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.94g (69.88%), Vitamin B3: 13.58mg (67.88%), Selenium: 42.74µg (61.05%), Vitamin B6: 1.08mg (54.24%), Phosphorus: 381.36mg (38.14%), Vitamin B1: 0.41mg (27.44%), Vitamin B2: 0.43mg (25.02%), Manganese: 0.4mg (20.08%), Zinc: 2.93mg (19.52%), Calcium: 184.12mg (18.41%), Folate: 73.13µg (18.28%), Iron: 3.22mg (17.87%), Vitamin B12: 0.96µg (16.08%), Potassium: 492.87mg (14.08%), Magnesium: 55.55mg (13.89%), Vitamin B5: 1.24mg (12.42%), Vitamin K: 8.67µg (8.26%), Copper: 0.15mg (7.51%), Fiber: 1.64g (6.56%), Vitamin A: 223.75IU (4.48%), Vitamin C: 3.03mg (3.67%), Vitamin D: 0.5µg (3.31%), Vitamin E: 0.35mg (2.37%)