



Garlic and Ranch Turkey Burgers



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 3 cloves garlic minced
- ☐ 1 pound pd of ground turkey
- ☐ 1 ounce ranch dressing mix
- ☐ 4 servings seasoned salt and pepper to taste
- ☐ 0.3 cup worcestershire sauce

Equipment

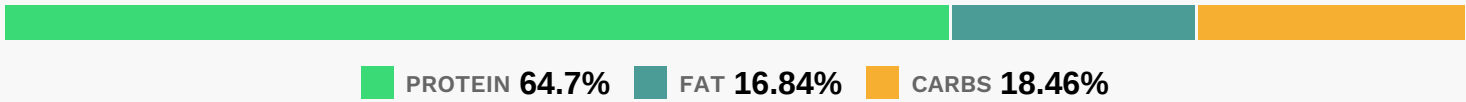
- ☐ bowl

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Knead together the turkey, ranch mix, egg, garlic, Worcestershire sauce, seasoned salt, and pepper in a bowl until evenly combined; divide into 4 equal portions and form into patties.
- ☐ Cook on the preheated grill about 5 minutes per side for well done. An instant-read thermometer inserted into the center should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:12.792173864401%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 179.03kcal (8.95%), Fat: 3.27g (5.03%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 8.01g (2.91%), Sugar: 1.78g (1.98%), Cholesterol: 103.29mg (34.43%), Sodium: 1022.62mg (44.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.26g (56.51%), Vitamin B3: 11.15mg (55.77%), Vitamin B6: 1.02mg (50.92%), Selenium: 28.84µg (41.21%), Phosphorus: 292.95mg (29.29%), Zinc: 2.2mg (14.65%), Potassium: 496.27mg (14.18%), Vitamin B5: 1.18mg (11.8%), Vitamin B2: 0.19mg (11.42%), Vitamin B12: 0.68µg (11.27%), Iron: 2.02mg (11.2%), Magnesium: 37.01mg (9.25%), Vitamin B1: 0.09mg (6.08%), Copper: 0.11mg (5.75%), Vitamin D: 0.67µg (4.49%), Folate: 15.68µg (3.92%), Vitamin C: 2.94mg (3.56%), Calcium: 32.15mg (3.21%), Manganese: 0.05mg (2.4%), Vitamin A: 101.53IU (2.03%), Vitamin E: 0.21mg (1.4%)