



## Garlic-Herb Turkey Burgers

 Dairy Free

READY IN



28 min.

SERVINGS



28

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 32 oz pd of ground turkey frozen thawed
- 8 hamburger buns split toasted
- 1 env. seasons garlic & herb dressing mix good
- 16 claussen kosher dill burger
- 16 slices tomatoes thin

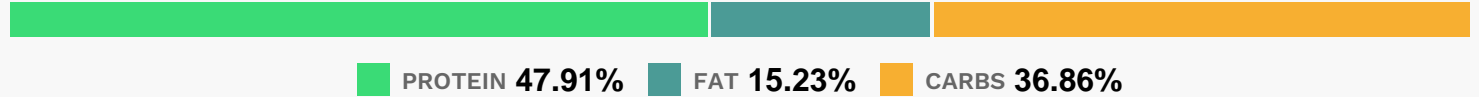
### Equipment

- grill

## Directions

- Preheat grill to medium heat.
- Mix turkey and dressing mix. Shape into 8 patties.
- Grill patties 7 to 9 min. on each side or until cooked through (165F).
- Fill buns with tomato slices, turkey patties and pickles.

## Nutrition Facts



## Properties

Glycemic Index:3.75, Glycemic Load:3.69, Inflammation Score:-2, Nutrition Score:5.3004347967065%

## Nutrients (% of daily need)

Calories: 75.22kcal (3.76%), Fat: 1.27g (1.96%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 6.33g (2.3%), Sugar: 1.39g (1.54%), Cholesterol: 17.82mg (5.94%), Sodium: 377.37mg (16.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.05%), Vitamin B3: 3.7mg (18.52%), Selenium: 10.5µg (15.01%), Vitamin B6: 0.3mg (14.94%), Phosphorus: 92.09mg (9.21%), Vitamin B1: 0.1mg (6.97%), Vitamin K: 7.1µg (6.76%), Vitamin B2: 0.09mg (5.41%), Zinc: 0.7mg (4.68%), Manganese: 0.09mg (4.49%), Potassium: 153.97mg (4.4%), Folate: 17.28µg (4.32%), Iron: 0.77mg (4.28%), Calcium: 39.35mg (3.93%), Magnesium: 14.98mg (3.75%), Vitamin B12: 0.19µg (3.16%), Vitamin B5: 0.3mg (3.05%), Fiber: 0.61g (2.46%), Copper: 0.04mg (2.12%), Vitamin A: 81.56IU (1.63%), Vitamin C: 1.02mg (1.23%)