



Garlic Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon fennel seeds crushed
- 2 garlic cloves minced
- 1 pound pd of ground turkey
- 1 small onion diced
- 6 onion buns toasted
- 1 teaspoon oregano dried
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

- 6 servings tomato sauce dried
- 0.5 cup wheat germ

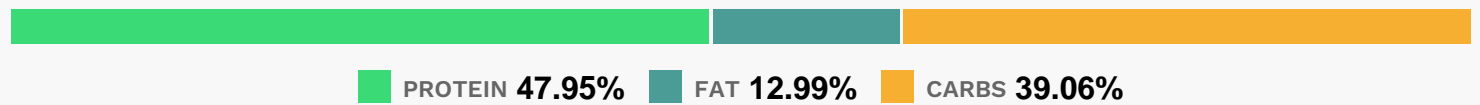
Equipment

- oven
- broiler pan

Directions

- Combine first 8 ingredients; shape into 6 patties, and place on a rack in a broiler pan.
- Broil 4 to 5 inches from heat (with electric oven door partially open) 4 to 5 minutes on each side or until centers are no longer pink.
- Serve on onion buns with Dried Tomato Sauce, lettuce, tomato slices, French fries, and, if desired, coleslaw.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:2.76, Inflammation Score:-7, Nutrition Score:17.239565172921%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.1mg, Isorhamnetin: 6.1mg, Isorhamnetin: 6.1mg, Isorhamnetin: 6.1mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 24.72mg, Quercetin: 24.72mg, Quercetin: 24.72mg, Quercetin: 24.72mg

Nutrients (% of daily need)

Calories: 173.78kcal (8.69%), Fat: 2.61g (4.01%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 13.91g (5.06%), Sugar: 5.56g (6.18%), Cholesterol: 41.58mg (13.86%), Sodium: 239.87mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.31%), Manganese: 1.52mg (76.03%), Vitamin B6: 0.94mg (46.95%), Vitamin B3: 8.26mg (41.29%), Selenium: 25.13µg (35.89%), Phosphorus: 294.24mg (29.42%), Vitamin B1: 0.29mg (19.46%), Zinc: 2.76mg (18.43%), Potassium: 533.72mg (15.25%), Magnesium: 61.02mg (15.25%), Fiber: 3.73g (14.91%), Folate: 57.62µg (14.41%), Vitamin C: 9.75mg (11.82%), Vitamin B5: 1.06mg (10.63%), Vitamin B2: 0.17mg (9.92%), Copper: 0.19mg (9.55%), Iron: 1.72mg (9.54%), Vitamin B12: 0.39µg (6.43%), Calcium: 45.07mg

(4.51%), Vitamin K: 3.28 μ g (3.12%), Vitamin D: 0.3 μ g (2.02%)