



Goat Cheese and Spinach Turkey Burgers



Gluten Free

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READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup pkt spinach frozen thawed drained chopped
- ☐ 2 tablespoons goat cheese crumbled
- ☐ 1.5 pounds ground turkey breast

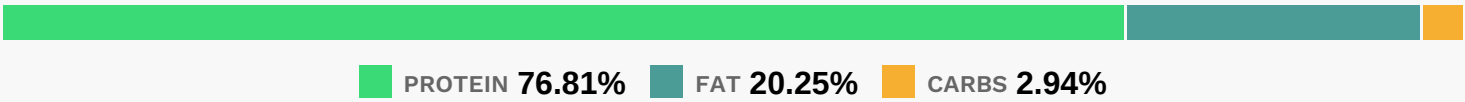
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat the oven broiler.
- ☐ In a medium bowl, mix ground turkey, spinach, and goat cheese. Form the mixture into 4 patties.
- ☐ Arrange patties on a broiler pan, and place in the center of the preheated oven 15 minutes, or until done.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:28.402173954508%

Nutrients (% of daily need)

Calories: 220.3kcal (11.01%), Fat: 5.01g (7.72%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.32g (0.35%), Cholesterol: 96.77mg (32.26%), Sodium: 141.37mg (6.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.8g (85.61%), Vitamin K: 145.21µg (138.29%), Vitamin A: 4687.97IU (93.76%), Vitamin B3: 16.74mg (83.7%), Vitamin B6: 1.54mg (77.12%), Selenium: 40.13µg (57.32%), Phosphorus: 423.15mg (42.32%), Zinc: 3.28mg (21.84%), Magnesium: 79.7mg (19.92%), Potassium: 638.55mg (18.24%), Folate: 71µg (17.75%), Vitamin B2: 0.29mg (17.21%), Vitamin B5: 1.58mg (15.81%), Vitamin B12: 0.88µg (14.68%), Manganese: 0.29mg (14.59%), Iron: 2.18mg (12.11%), Copper: 0.21mg (10.3%), Vitamin B1: 0.15mg (9.8%), Vitamin E: 1.26mg (8.42%), Calcium: 65.21mg (6.52%), Vitamin D: 0.71µg (4.72%), Fiber: 1.13g (4.52%), Vitamin C: 2.14mg (2.6%)