



Greek-Flavored Turkey Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon dill dried
- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 large egg whites
- ☐ 1.5 ounces feta cheese crumbled
- ☐ 0.8 cup mint leaves fresh chopped
- ☐ 1 pound pd of ground turkey
- ☐ 6 ounce hawaiian rolls split
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup onion red chopped

☐ 7 ounce roasted peppers red drained cut into 1-inch strips

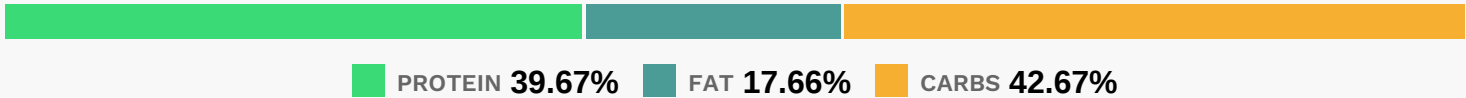
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Place egg white in a large bowl; lightly beat with a whisk.
- ☐ Add onion and next 6 ingredients (through turkey); stir well to combine. Divide turkey mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook 8 minutes on each side or until done.
- ☐ Place patties on bottom halves of hamburger buns. Divide peppers evenly among burgers; cover with top halves of buns.
- ☐ Note: To freeze extra servings, wrap each uncooked patty individually first in plastic wrap and then in heavy-duty aluminum foil. Freeze for up to 2 months. To serve, thaw patties completely in refrigerator, and then cook and serve as directed.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:13.67, Inflammation Score:-8, Nutrition Score:24.438260892163%

Flavonoids

Eriodictyol: 2.97mg, Eriodictyol: 2.97mg, Eriodictyol: 2.97mg, Eriodictyol: 2.97mg Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 364.55kcal (18.23%), Fat: 7.19g (11.06%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 35.7g (12.98%), Sugar: 5.88g (6.53%), Cholesterol: 71.83mg (23.94%), Sodium: 1185.61mg (51.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.32g (72.65%), Vitamin B3: 14.27mg (71.36%), Selenium: 43.63µg (62.33%), Vitamin B6: 1.22mg (60.77%), Vitamin C: 32.29mg (39.14%), Phosphorus: 389.34mg (38.93%), Vitamin B1: 0.49mg (32.6%), Manganese: 0.61mg (30.54%), Vitamin B2: 0.48mg (27.98%), Folate: 93.88µg (23.47%), Iron: 4.1mg (22.76%), Zinc: 3.07mg (20.49%), Calcium: 197.28mg (19.73%), Potassium: 627.74mg (17.94%), Magnesium: 69.18mg (17.3%), Vitamin B12: 0.9µg (14.96%), Vitamin A: 705.92IU (14.12%), Fiber: 3.38g (13.52%), Copper: 0.26mg (13.11%), Vitamin B5: 1.3mg (12.97%), Vitamin D: 0.5µg (3.31%), Vitamin K: 3.28µg (3.13%), Vitamin E: 0.24mg (1.62%)