



## Greek-Inspired Turkey Burgers

READY IN



30 min.

SERVINGS



5

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 serving olive oil extra virgin extra-virgin
- ☐ 1.5 lb pd of ground turkey lean
- ☐ 2 teaspoons oregano dried
- ☐ 1 teaspoon kosher salt (coarse)
- ☐ 1 teaspoon steak seasoning
- ☐ 3 oz feta cheese
- ☐ 5 onion rolls split
- ☐ 1 slices roasted peppers red sliced

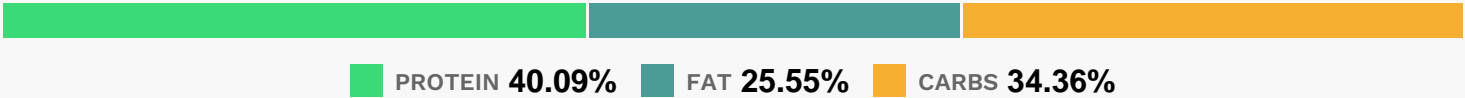
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer

# Directions

- ☐ Heat small amount of oil in 12-inch skillet over medium-high heat, or heat gas or charcoal grill.
- ☐ In large bowl, mix turkey, oregano, salt, grill seasoning and cheese; do not over mix. Shape mixture into 5 patties, about 1 inch thick.
- ☐ Place patties in skillet or on grill over medium-high heat. Cook 6 to 8 minutes on each side or until thermometer inserted in center of patties reads 165°F. If desired, toast rolls.
- ☐ Place patties on bottom halves of rolls.
- ☐ Add desired toppings; cover with top halves of rolls.

# Nutrition Facts



# Properties

Glycemic Index:6.4, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:19.352173864841%

# Nutrients (% of daily need)

Calories: 412.62kcal (20.63%), Fat: 11.73g (18.04%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 33.39g (12.14%), Sugar: 3.44g (3.83%), Cholesterol: 89.98mg (29.99%), Sodium: 1105.51mg (48.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.4g (82.8%), Vitamin B3: 15.47mg (77.35%), Vitamin B6: 1.25mg (62.61%), Selenium: 32.69µg (46.7%), Phosphorus: 368.13mg (36.81%), Vitamin B2: 0.47mg (27.55%), Iron: 4.06mg (22.57%), Folate: 86.81µg (21.7%), Vitamin B1: 0.32mg (21.14%), Zinc: 2.92mg (19.47%), Calcium: 173.1mg (17.31%), Vitamin B12: 0.98µg (16.36%), Vitamin B5: 1.37mg (13.69%), Potassium: 425.21mg (12.15%), Magnesium: 45.78mg (11.45%), Vitamin K: 10.19µg (9.7%), Fiber: 2.09g (8.35%), Copper: 0.09mg (4.67%), Vitamin E: 0.68mg (4.54%), Manganese: 0.08mg (4.09%), Vitamin D: 0.61µg (4.08%), Vitamin A: 130.98IU (2.62%)