



Greek Turkey Burgers

READY IN



20 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup yogurt plain fat free yoplait® (from 2-lb container)
- 0.3 cup onion red chopped
- 0.3 cup cucumber chopped
- 1 lb pd of ground turkey lean
- 0.5 cup yogurt plain fat free yoplait® (from 2-lb container)
- 1 teaspoon oregano dried
- 0.5 teaspoon garlic powder
- 0.5 teaspoon salt
- 0.5 teaspoon pepper

4 hamburger buns whole wheat split

Equipment

bowl

grill

kitchen thermometer

Directions

Heat gas or charcoal grill. In small bowl, mix sauce ingredients; refrigerate until serving.

In medium bowl, mix all burger ingredients except buns. Shape mixture into 4 patties, about 1/2 inch thick and 5 inches in diameter.

Place patties on grill over medium heat. Cover grill; cook 8 to 10 minutes, turning after 5 minutes, until thermometer inserted in center of patties reads 165°F.

Serve patties in buns with sauce.

Nutrition Facts

PROTEIN 47.78% **FAT 15.66%** **CARBS 36.56%**

Properties

Glycemic Index:21, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:20.196956406469%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 287.85kcal (14.39%), Fat: 5.08g (7.81%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 24.42g (8.88%), Sugar: 8.09g (8.98%), Cholesterol: 63.59mg (21.2%), Sodium: 602.75mg (26.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.7%), Vitamin B3: 13.14mg (65.7%), Selenium: 41.76µg (59.66%), Vitamin B6: 1.07mg (53.7%), Phosphorus: 415.81mg (41.58%), Manganese: 0.55mg (27.34%), Vitamin B2: 0.41mg (24.13%), Vitamin B1: 0.32mg (21.2%), Zinc: 3.12mg (20.81%), Calcium: 181.07mg (18.11%), Folate: 70.84µg (17.71%), Potassium: 602.77mg (17.22%), Magnesium: 68.39mg (17.1%), Vitamin B5: 1.66mg (16.55%), Iron: 2.98mg (16.54%), Vitamin B12: 0.96µg (15.94%), Copper: 0.19mg (9.53%), Fiber: 2.25g (8.99%), Vitamin K: 5.68µg (5.41%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.57mg (1.91%), Vitamin E: 0.21mg (1.41%)