



Greek Turkey Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cucumber english grated
- ☐ 4 oz feta cheese crumbled
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 6 oz greek yogurt fat-free
- ☐ 1.3 pounds ground turkey breast
- ☐ 4 hamburger buns split french toasted
- ☐ 1 teaspoon lemon zest
- ☐ 1 leaves toppings: lettuce tomato thinly sliced
- ☐ 1 teaspoon oregano dried

- ☐ 4 servings garnish: pepperoncini salad peppers
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.5 teaspoon salt

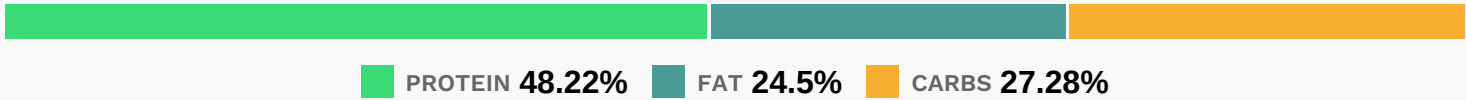
Equipment

- ☐ bowl
- ☐ grill pan

Directions

- ☐ Stir together first 6 ingredients. Shape mixture into 4 (1/2-inch-thick) patties.
- ☐ Heat a grill pan over medium-high heat. Coat grill pan with cooking spray.
- ☐ Add patties; cook 5 minutes on each side or until done.
- ☐ Stir together cucumber, yogurt, mint, and 1/2 tsp. salt in a small bowl.
- ☐ Serve burgers on buns with cucumber sauce and desired toppings.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:13.39, Inflammation Score:-8, Nutrition Score:27.664347658987%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 406.37kcal (20.32%), Fat: 11.07g (17.03%), Saturated Fat: 4.95g (30.93%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 25.39g (9.23%), Sugar: 5.76g (6.4%), Cholesterol: 110.52mg (36.84%), Sodium: 923.56mg (40.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49g (98.01%), Vitamin B3: 17.27mg (86.33%), Vitamin

B6: 1.6mg (79.77%), Selenium: 53.77µg (76.82%), Phosphorus: 556.77mg (55.68%), Vitamin B2: 0.67mg (39.63%),
Vitamin C: 25.91mg (31.4%), Zinc: 4.16mg (27.73%), Vitamin B1: 0.41mg (27.56%), Calcium: 273.62mg (27.36%),
Vitamin B12: 1.63µg (27.23%), Potassium: 696.28mg (19.89%), Folate: 78.21µg (19.55%), Vitamin B5: 1.88mg (18.76%),
Magnesium: 73.71mg (18.43%), Iron: 3.29mg (18.3%), Manganese: 0.35mg (17.52%), Vitamin K: 10.53µg (10.03%),
Copper: 0.19mg (9.73%), Fiber: 2.33g (9.32%), Vitamin A: 332.55IU (6.65%), Vitamin D: 0.72µg (4.79%), Vitamin E:
0.57mg (3.8%)