



Greek Turkey Burgers with Minted Cucumber Sauce

READY IN



30 min.

SERVINGS



5

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup yogurt plain fat-free
- ☐ 0.5 cup cucumber chopped
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 9 oz spinach frozen chopped
- ☐ 1.3 lb pd of ground turkey 93% lean (at least)
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 teaspoon oregano dried crushed

- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 teaspoon pepper
- ☐ 5 slices tomatoes halved thin
- ☐ 5 6-inch day old pita bread ()

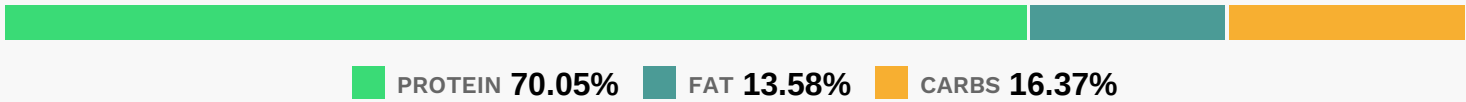
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Set oven control to broil. In medium bowl, mix Cucumber Sauce ingredients; cover and refrigerate until ready to use.
- ☐ Cook spinach as directed on box; cool slightly. Squeeze to drain well. In large bowl, mix cooled spinach, turkey, 1/4 cup yogurt, the oregano, garlic salt and pepper. Shape into 5 oval patties, each about 1/2 inch thick. On broiler pan, place patties. Broil with tops about 5 inches from heat 10 to 12 minutes, turning once, until thermometer inserted in center of burgers reads 165°F.
- ☐ Place 2 tomato slice halves in pita pocket halves; place burgers over tomato slices. To serve, top each burger with about 3 tablespoons sauce.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:27.098695609881%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol:

0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 173.02kcal (8.65%), Fat: 2.68g (4.13%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 5.12g (1.86%), Sugar: 4.12g (4.58%), Cholesterol: 63.1mg (21.03%), Sodium: 362.41mg (15.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.15g (62.3%), Vitamin K: 195.66µg (186.34%), Vitamin A: 6258.2IU (125.16%), Vitamin B3: 11.53mg (57.64%), Vitamin B6: 1.12mg (55.75%), Selenium: 29.92µg (42.75%), Phosphorus: 352.05mg (35.2%), Folate: 94.95µg (23.74%), Manganese: 0.46mg (22.98%), Magnesium: 84.74mg (21.19%), Potassium: 696.25mg (19.89%), Vitamin B2: 0.33mg (19.48%), Zinc: 2.74mg (18.23%), Calcium: 154.21mg (15.42%), Vitamin B5: 1.35mg (13.52%), Vitamin B12: 0.8µg (13.38%), Iron: 2.17mg (12.03%), Vitamin E: 1.79mg (11.94%), Vitamin B1: 0.15mg (10.3%), Vitamin C: 7.67mg (9.3%), Copper: 0.18mg (8.87%), Fiber: 2.16g (8.64%), Vitamin D: 0.45µg (3.02%)