



Greek Turkey Burgers with Tzatziki Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz yogurt plain fat free
- ☐ 0.3 cup cucumber chopped
- ☐ 2 tablespoons onion red chopped
- ☐ 1 tablespoon optional: dill dried fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 lb pd of ground turkey lean
- ☐ 4 oz feta cheese crumbled
- ☐ 0.3 cup onion red chopped
- ☐ 1 tablespoon optional: dill dried fresh chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 clove garlic finely chopped
- ☐ 4 hamburger buns whole wheat split
- ☐ 1 medium tomatoes thinly sliced

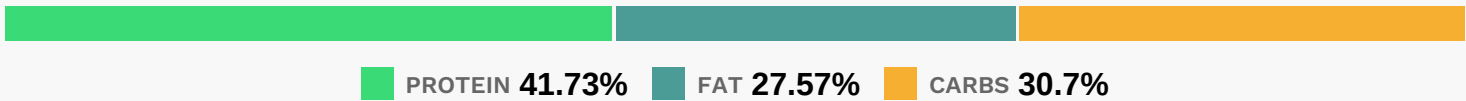
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ In small bowl, mix 1/2 cup of the yogurt and remaining sauce ingredients; refrigerate until serving.
- ☐ Heat gas or charcoal grill. In medium bowl, mix all burger ingredients and remaining yogurt. Shape mixture into 4 patties, about 1/2 inch thick.
- ☐ Place patties on grill over medium heat. Cover grill; cook 8 to10 minutes, turning after 5 minutes, until meat thermometer inserted in center of patties reads 160°F.
- ☐ Place burgers on buns; top with tomato slices and sauce.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:1.09, Inflammation Score:-7, Nutrition Score:23.916086787763%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 360.23kcal (18.01%), Fat: 11.19g (17.22%), Saturated Fat: 5.02g (31.37%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 25.53g (9.28%), Sugar: 7.85g (8.72%), Cholesterol: 88.45mg (29.48%), Sodium: 913.28mg (39.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.11g (76.22%), Vitamin B3: 13.57mg (67.86%), Selenium: 45.37µg (64.81%), Vitamin B6: 1.22mg (60.9%), Phosphorus: 490.73mg (49.07%), Vitamin B2: 0.61mg (36.01%), Manganese: 0.57mg (28.52%), Calcium: 281.65mg (28.17%), Zinc: 3.81mg (25.39%), Vitamin B1: 0.37mg (24.5%), Vitamin B12: 1.32µg (22.02%), Folate: 83.3µg (20.82%), Potassium: 652.27mg (18.64%), Vitamin B5: 1.85mg (18.46%), Magnesium: 73.03mg (18.26%), Iron: 3.06mg (16.98%), Copper: 0.21mg (10.72%), Fiber: 2.51g (10.03%), Vitamin C: 7.59mg (9.2%), Vitamin A: 429.8IU (8.6%), Vitamin K: 5.31µg (5.06%), Vitamin D: 0.57µg (3.78%), Vitamin E: 0.34mg (2.27%)