



Green Tomato-Feta Burgers

READY IN



180 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz feta cheese crumbled
- 0.3 cup parsley fresh chopped
- 2 pounds ground turkey breast lean
- 6 servings hamburger buns homemade
- 1 teaspoon lemon zest
- 0.5 cup mayonnaise
- 1 teaspoon oregano minced
- 1 tablespoon onion red finely minced
- 1 teaspoon salt

6 servings toppings: pickled tomatoes dried fresh green red crushed sliced thinly sliced

Equipment

grill

kitchen thermometer

Directions

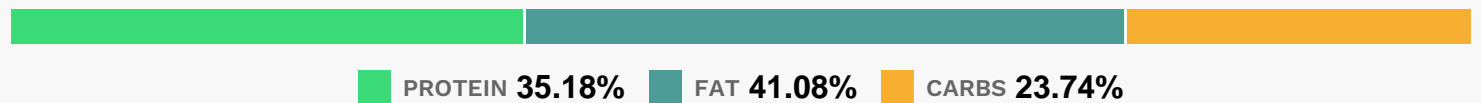
Preheat grill to 350 to 400 (medium-high) heat.

Combine first 5 ingredients gently. Stir feta cheese, onion, and oregano into meat mixture. Shape mixture into 6 (5-inch) patties.

Grill, covered with grill lid, 6 to 7 minutes on each side or until a meat thermometer inserted into thickest portion registers 17

Serve on Homemade Hamburger Buns. Top each burger with sliced pickled green tomatoes, lettuce, thinly sliced cucumber, a pinch of dried crushed red pepper, and a fresh dill sprig.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:15.03, Inflammation Score:-9, Nutrition Score:32.213043067766%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 501.34kcal (25.07%), Fat: 23.05g (35.47%), Saturated Fat: 5.86g (36.6%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 26.76g (9.73%), Sugar: 8.09g (8.99%), Cholesterol: 107.82mg (35.94%), Sodium: 1021.67mg (44.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.41g (88.83%), Vitamin B3: 17.78mg (88.92%), Vitamin K: 90.13µg (85.84%), Vitamin B6: 1.56mg (77.84%), Selenium: 48.4µg (69.15%), Phosphorus: 499.93mg (49.99%), Vitamin A: 1845.99IU (36.92%), Vitamin C: 29.1mg (35.28%), Vitamin B2: 0.49mg (28.74%), Vitamin B1: 0.43mg (28.57%), Potassium: 961.64mg (27.48%), Zinc: 3.89mg (25.96%), Manganese: 0.48mg (24.12%), Folate:

91.45µg (22.86%), Vitamin B12: 1.2µg (19.98%), Magnesium: 79.69mg (19.92%), Iron: 3.57mg (19.86%), Calcium: 188.97mg (18.9%), Vitamin B5: 1.72mg (17.22%), Fiber: 3.22g (12.89%), Copper: 0.26mg (12.87%), Vitamin E: 1.92mg (12.81%), Vitamin D: 0.72µg (4.78%)