



Grilled Blue Cheese Turkey Burgers

READY IN



30 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds pd of ground turkey
- 0.3 cup salad dressing
- 4 ounces cheese blue crumbled
- 6 hawaiian rolls plain split toasted
- 1 large onion red sliced

Equipment

- grill
- kitchen thermometer

Directions

- Brush grill rack with vegetable oil.
- Heat coals or gas grill for direct heat.
- Mix turkey, mayonnaise and blue cheese. Shape mixture into 6 patties, about 3/4 inch thick.
- Cover and grill patties 4 to 5 inches from medium heat 15 to 20 minutes, turning once, until thermometer inserted in center of patties reads 165°F.
- Serve on buns with onion slices.

Nutrition Facts

PROTEIN 41.07% **FAT 29.92%** **CARBS 29.01%**

Properties

Glycemic Index:19.33, Glycemic Load:13.37, Inflammation Score:-5, Nutrition Score:18.133043589799%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 344.53kcal (17.23%), Fat: 11.4g (17.54%), Saturated Fat: 4.75g (29.66%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 23.8g (8.65%), Sugar: 5.06g (5.62%), Cholesterol: 76.54mg (25.51%), Sodium: 585.56mg (25.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.22g (70.43%), Vitamin B3: 13.03mg (65.16%), Selenium: 39.78µg (56.84%), Vitamin B6: 1.06mg (52.93%), Phosphorus: 380.77mg (38.08%), Vitamin B1: 0.32mg (21.31%), Vitamin B2: 0.32mg (19.05%), Zinc: 2.85mg (19%), Calcium: 170.6mg (17.06%), Folate: 59.78µg (14.94%), Vitamin B12: 0.89µg (14.92%), Iron: 2.47mg (13.73%), Manganese: 0.27mg (13.65%), Vitamin B5: 1.35mg (13.47%), Potassium: 470.36mg (13.44%), Magnesium: 49.45mg (12.36%), Vitamin K: 8.07µg (7.69%), Copper: 0.13mg (6.46%), Fiber: 1.09g (4.34%), Vitamin D: 0.55µg (3.65%), Vitamin A: 176.88IU (3.54%), Vitamin E: 0.46mg (3.07%), Vitamin C: 1.95mg (2.37%)