



## Grilled Caesar Turkey Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb pd of ground turkey lean
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon onion salt
- 0.3 teaspoon pepper
- 0.5 cup caesar dressing reduced-fat
- 1.5 cups the of 1 cos lettuce shredded
- 0.3 cup parmesan fresh shredded
- 4 portugese rolls whole split
- 4 slices tomatoes thin

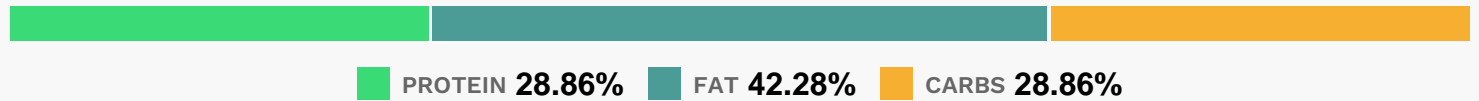
# Equipment

- bowl
- grill

# Directions

- Heat closed contact grill for 5 minutes.
- Meanwhile, in large bowl, combine ground turkey, parsley, onion salt, pepper and 2 tablespoons of the salad dressing; mix well. Shape mixture into 4 patties, 1/2 inch thick.
- When grill is heated, place patties on bottom grill surface. Close grill; cook 8 to 10 minutes or until patties are no longer pink in center.
- In small bowl, combine lettuce, cheese and remaining salad dressing; toss to mix. Spoon mixture evenly onto bottom halves of buns. Top with patties, tomato slices and top halves of buns.

# Nutrition Facts



# Properties

Glycemic Index:50.5, Glycemic Load:23.33, Inflammation Score:-8, Nutrition Score:22.040869951248%

# Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

# Nutrients (% of daily need)

Calories: 492.85kcal (24.64%), Fat: 23.13g (35.59%), Saturated Fat: 4.18g (26.12%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 33.52g (12.19%), Sugar: 6.14g (6.83%), Cholesterol: 78.08mg (26.03%), Sodium: 1100.51mg (47.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.52g (71.05%), Vitamin K: 84.15µg (80.15%), Iron: 12.27mg (68.19%), Vitamin B3: 11.28mg (56.4%), Vitamin B6: 1.02mg (51.08%), Vitamin A: 2016.36IU (40.33%), Selenium: 27.02µg (38.6%), Phosphorus: 319.49mg (31.95%), Zinc: 2.31mg (15.4%), Potassium: 469.12mg (13.4%), Vitamin E: 1.67mg (11.14%), Vitamin B5: 1.11mg (11.09%), Vitamin B12: 0.66µg (11.04%), Calcium: 109.9mg (10.99%),

Magnesium: 42.88mg (10.72%), Folate: 41.18µg (10.29%), Vitamin B2: 0.16mg (9.52%), Vitamin C: 7.15mg (8.67%), Fiber: 2g (8.01%), Vitamin B1: 0.1mg (6.68%), Copper: 0.1mg (5%), Manganese: 0.1mg (4.86%), Vitamin D: 0.51µg (3.43%)