



## Grilled Cheese-Stuffed Turkey Burgers

READY IN



30 min.

SERVINGS



12

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 lb pd of ground turkey
- 1 jalapeno seeded chopped
- 1 cup monterrey jack cheese diced with jalapeño chile peppers
- 0.8 teaspoon pepper
- 1.5 cups salsa thick
- 12 hawaiian rolls split toasted
- 12 slices tomatoes
- 1 serving salsa thick

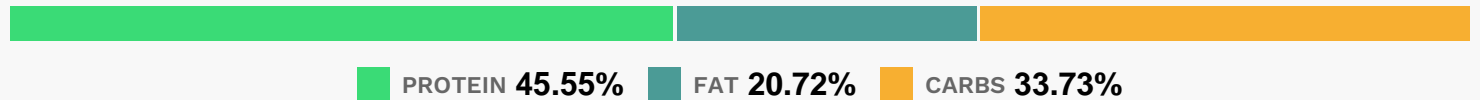
# Equipment

- bowl
- grill
- kitchen thermometer

# Directions

- Heat gas or charcoal grill. In large bowl, mix turkey, chiles, cheese, pepper and 1 1/2 cups salsa. Shape mixture into 12 patties, each about 3/4 inch thick.
- Place patties on grill. Cover grill; cook over medium heat 12 to 15 minutes, turning once, until thermometer inserted in center of patties reads 165°F.
- Serve burgers on buns with tomato slices and additional salsa.

# Nutrition Facts



# Properties

Glycemic Index:15.92, Glycemic Load:13.2, Inflammation Score:-6, Nutrition Score:18.763913113138%

# Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

# Nutrients (% of daily need)

Calories: 297.81kcal (14.89%), Fat: 6.88g (10.58%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 23.39g (8.5%), Sugar: 5.28g (5.86%), Cholesterol: 70.75mg (23.58%), Sodium: 558.86mg (24.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34g (68.01%), Vitamin B3: 13.39mg (66.93%), Selenium: 38.45µg (54.93%), Vitamin B6: 1.1mg (54.75%), Phosphorus: 360.89mg (36.09%), Vitamin B1: 0.33mg (21.87%), Zinc: 2.71mg (18.08%), Vitamin B2: 0.3mg (17.7%), Manganese: 0.33mg (16.66%), Potassium: 553.89mg (15.83%), Calcium: 148.81mg (14.88%), Iron: 2.65mg (14.73%), Folate: 56.98µg (14.24%), Magnesium: 53.95mg (13.49%), Vitamin B12: 0.74µg (12.37%), Vitamin B5: 1.12mg (11.18%), Vitamin A: 508.16IU (10.16%), Copper: 0.16mg (7.83%), Vitamin C: 6.31mg (7.65%), Fiber: 1.8g (7.18%), Vitamin K: 6.33µg (6.03%), Vitamin E: 0.84mg (5.59%), Vitamin D: 0.51µg (3.4%)