



Grilled Cheese-Stuffed Turkey Burgers

READY IN



30 min.

SERVINGS



12

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

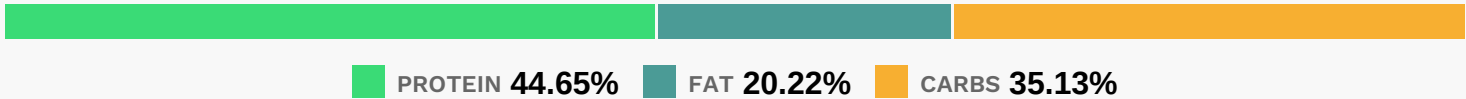
Equipment

- ☐ 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 165F.
- ☐ Serve burgers on buns with tomato slices and additional salsa.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:13.19, Inflammation Score:-6, Nutrition Score:19.688695513684%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg 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: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 305.98kcal (15.3%), Fat: 6.93g (10.66%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 24.79g (9.02%), Sugar: 6.35g (7.05%), Cholesterol: 70.75mg (23.58%), Sodium: 751.25mg (32.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.42g (68.83%), Vitamin B3: 13.7mg (68.5%), Vitamin B6: 1.14mg (57.09%), Selenium: 38.71µg (55.3%), Phosphorus: 369.97mg (37%), Vitamin B1: 0.34mg (22.53%), Zinc: 2.77mg (18.46%), Manganese: 0.37mg (18.26%), Vitamin B2: 0.31mg (18.21%), Potassium: 626.67mg (17.9%), Calcium: 156.88mg (15.69%), Iron: 2.77mg (15.4%), Magnesium: 58.18mg (14.54%), Folate: 57.84µg (14.46%), Vitamin A: 636.39IU (12.73%), Vitamin B12: 0.74µg (12.37%), Vitamin B5: 1.17mg (11.74%), Fiber: 2.29g (9.16%), Copper: 0.18mg (8.76%), Vitamin E: 1.15mg (7.69%), Vitamin K: 7.35µg (7%), Vitamin C: 5.48mg (6.65%), Vitamin D: 0.51µg (3.4%)