



Grilled Corn-Stuffed Turkey Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb pd of ground turkey
- ☐ 0.5 cup breadcrumbs plain
- ☐ 1 tablespoon chipotles in adobo canned chopped
- ☐ 0.5 cup corn frozen
- ☐ 2 tablespoons salsa thick
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 oz cheddar cheese
- ☐ 4 hawaiian rolls split

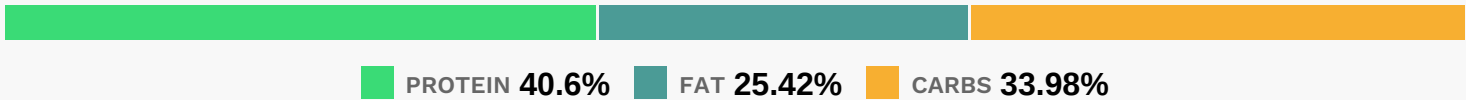
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill. In large bowl, mix turkey, bread crumbs and chiles. Shape mixture into 8 patties, about 1/4 inch thick.
- ☐ In small bowl, mix corn, salsa, cilantro and salt. Spoon about 2 tablespoons corn mixture onto center of 4 patties. Top with remaining patties; press edges to seal.
- ☐ Place patties on grill. Cover grill; cook over medium heat 12 to 14 minutes, turning once, until thermometer inserted in center of patties reads 165°F. Top patties with cheese. Cover grill; cook about 1 minute or until cheese is melted.
- ☐ Serve on buns.
- ☐ Serve with additional salsa and chopped cilantro if desired.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:13.02, Inflammation Score:-6, Nutrition Score:24.039565386979%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 443.86kcal (22.19%), Fat: 12.57g (19.33%), Saturated Fat: 5.32g (33.27%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 35.31g (12.84%), Sugar: 4.59g (5.1%), Cholesterol: 99.22mg (33.07%), Sodium: 866.87mg (37.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.16g (90.32%), Vitamin B3: 16.9mg (84.51%), Selenium: 52.68µg (75.26%), Vitamin B6: 1.32mg (66.2%), Phosphorus: 505.4mg (50.54%), Vitamin B1: 0.48mg (32.15%), Zinc: 3.95mg (26.31%), Vitamin B2: 0.45mg (26.21%), Calcium: 244.51mg (24.45%), Manganese: 0.42mg (20.76%), Folate: 79.3µg (19.83%), Iron: 3.52mg (19.56%), Vitamin B12: 1.08µg (18.03%), Magnesium: 70.38mg (17.59%), Potassium: 595.31mg (17.01%), Vitamin B5: 1.49mg (14.87%), Fiber: 2.48g (9.92%), Copper: 0.19mg (9.33%),

Vitamin A: 295.07IU (5.9%), Vitamin D: 0.69µg (4.63%), Vitamin K: 4.11µg (3.92%), Vitamin E: 0.49mg (3.24%),
Vitamin C: 2.22mg (2.69%)