



## Grilled Dijon and Wild Rice Turkey Burgers

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup salad dressing
- 1 teaspoon dill dried fresh chopped
- 1 teaspoon dijon mustard
- 1 pound pd of ground turkey
- 0.3 cup spring onion chopped
- 1 cup rice wild cooked
- 1 tablespoon optional: dill dried fresh chopped
- 2 tablespoons dijon mustard

6 portugese rolls split french

## Equipment

bowl

grill

kitchen thermometer

## Directions

Heat coals or gas grill for direct heat. In small bowl, mix all sauce ingredients. Cover and refrigerate until serving.

In large bowl, mix all burger ingredients except rolls. Shape mixture into 6 oval patties, about 3/4 inch thick.

Grill patties uncovered over medium heat 12 to 15 minutes, turning once, until no longer pink in center and thermometer inserted in center reads 165°F.

Add rolls, cut sides down, for last 4 minutes of grilling until toasted.

Serve burgers on rolls. Top with sauce.

## Nutrition Facts



**PROTEIN 30.7%** **FAT 18.82%** **CARBS 50.48%**

## Properties

Glycemic Index:30.67, Glycemic Load:23.04, Inflammation Score:-2, Nutrition Score:12.560869714488%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 322.19kcal (16.11%), Fat: 6.74g (10.36%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 40.64g (13.55%), Net Carbohydrates: 38.7g (14.07%), Sugar: 6.12g (6.8%), Cholesterol: 41.58mg (13.86%), Sodium: 526.76mg (22.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.44%), Iron: 11.67mg (64.83%), Vitamin B3: 7.77mg (38.84%), Vitamin B6: 0.7mg (35.13%), Selenium: 19.2µg (27.42%), Phosphorus: 204.77mg (20.48%), Vitamin K: 16.16µg (15.39%), Zinc: 1.77mg (11.77%), Magnesium: 35.74mg (8.94%), Potassium: 287.84mg (8.22%), Fiber: 1.94g

(7.76%), Vitamin B5: 0.73mg (7.28%), Vitamin B2: 0.11mg (6.53%), Vitamin B12: 0.39µg (6.43%), Manganese: 0.12mg (6.2%), Vitamin B1: 0.08mg (5.18%), Copper: 0.09mg (4.4%), Folate: 16.33µg (4.08%), Vitamin E: 0.45mg (2.99%), Calcium: 20.96mg (2.1%), Vitamin D: 0.3µg (2.02%), Vitamin A: 85IU (1.7%), Vitamin C: 1mg (1.21%)