



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

- 1 cup rice wild cooked
- 1 teaspoon dijon mustard
- 2 tablespoons dijon mustard
- 0.3 cup spring onion chopped
- 1 pound pd of ground turkey
- 0.3 cup salad dressing
- 6 portugese rolls split french

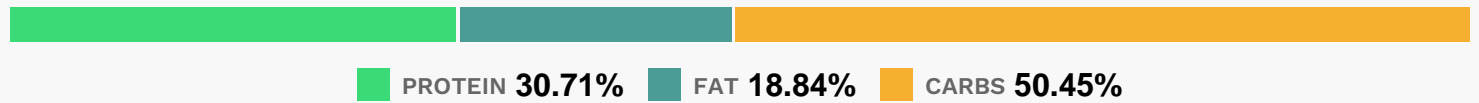
Equipment

- 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 165F.
- Add rolls, cut sides down, for last 4 minutes of grilling until toasted.
- Serve burgers on rolls. Top with sauce.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:23.04, Inflammation Score:-2, Nutrition Score:12.450000104697%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 321.74kcal (16.09%), Fat: 6.73g (10.35%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 40.55g (13.52%), Net Carbohydrates: 38.63g (14.05%), Sugar: 6.12g (6.8%), Cholesterol: 41.58mg (13.86%), Sodium: 526.37mg (22.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.37%), Iron: 11.58mg (64.36%), Vitamin B3: 7.76mg (38.81%), Vitamin B6: 0.7mg (34.99%), Selenium: 19.2µg (27.42%), Phosphorus: 203.82mg (20.38%), Vitamin K: 16.16µg (15.39%), Zinc: 1.76mg (11.73%), Magnesium: 34.96mg (8.74%), Potassium: 281.84mg (8.05%), Fiber: 1.92g (7.66%), Vitamin B5: 0.73mg (7.28%), Vitamin B2: 0.11mg (6.49%), Vitamin B12: 0.39µg (6.43%), Manganese: 0.12mg (5.83%), Vitamin B1: 0.08mg (5.13%), Copper: 0.09mg (4.36%), Folate: 16.23µg (4.06%), Vitamin E: 0.45mg (2.99%), Vitamin D: 0.3µg (2.02%), Calcium: 17.85mg (1.79%), Vitamin A: 70.1IU (1.4%), Vitamin C: 0.86mg (1.04%)