



## Grilled Italian Turkey Burgers

READY IN



30 min.

SERVINGS



2

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 lb pd of ground turkey
- 3 tablespoons pasta sauce
- 1 tablespoon onion red finely chopped
- 2 oz mozzarella cheese cut in half
- 0.5 crusty baguette cut into two 4-inch pieces (8 inches)
- 2 romaine leaves
- 2 slices onion red
- 1 serving tomato sauce

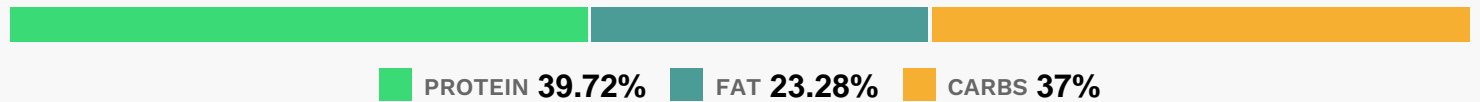
## Equipment

- bowl
- grill
- kitchen thermometer

## Directions

- Brush grill rack with vegetable oil.
- Heat gas or charcoal grill. In medium bowl, mix turkey, 3 tablespoons pasta sauce and chopped onion. Shape mixture into 2 patties, each about 3/4 inch thick and the approximate shape of the baguette pieces.
- Cover and grill patties over medium heat 12 to 15 minutes, turning once, until thermometer inserted in center of patties reads 165°F. Top patties with cheese. Cover and grill about 1 minute longer or until cheese is melted.
- Slice baguette pieces horizontally in half.
- Place lettuce leaves on bottom halves; top with burgers and onion slices. Top with remaining baguette halves.
- Serve with additional pasta sauce.

## Nutrition Facts



## Properties

Glycemic Index:121.38, Glycemic Load:22.62, Inflammation Score:-9, Nutrition Score:26.079565390297%

## Flavonoids

Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

## Nutrients (% of daily need)

Calories: 405.23kcal (20.26%), Fat: 10.52g (16.19%), Saturated Fat: 4.66g (29.14%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 34.49g (12.54%), Sugar: 7.25g (8.06%), Cholesterol: 84.77mg (28.26%), Sodium: 1026.29mg (44.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.4g (80.8%), Vitamin B3: 14.82mg (74.12%),

Selenium: 41.37µg (59.1%), Vitamin B6: 1.18mg (58.81%), Vitamin A: 2359.97IU (47.2%), Phosphorus: 452.23mg (45.22%), Vitamin B1: 0.5mg (33.03%), Vitamin B2: 0.48mg (28.44%), Manganese: 0.49mg (24.57%), Folate: 98.2µg (24.55%), Zinc: 3.58mg (23.88%), Calcium: 236.93mg (23.69%), Iron: 4.21mg (23.41%), Potassium: 756.61mg (21.62%), Vitamin B12: 1.22µg (20.41%), Magnesium: 72.39mg (18.1%), Vitamin B5: 1.56mg (15.56%), Vitamin C: 11.59mg (14.05%), Fiber: 3.13g (12.53%), Copper: 0.25mg (12.41%), Vitamin E: 1.6mg (10.64%), Vitamin K: 4.95µg (4.71%), Vitamin D: 0.57µg (3.78%)