



Grilled Italian Turkey Burgers

READY IN



30 min.

SERVINGS



2

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

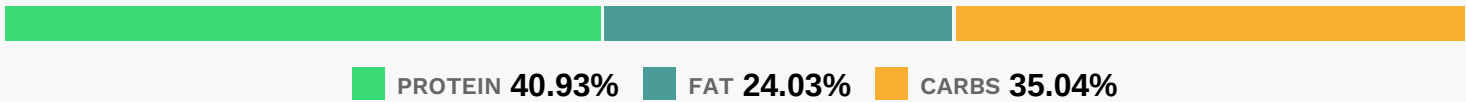
- ☐ bowl

- ☐ 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:85.38, Glycemic Load:21.47, Inflammation Score:-9, Nutrition Score:23.528695552245%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 388.53kcal (19.43%), Fat: 10.34g (15.9%), Saturated Fat: 4.64g (28.97%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 31.78g (11.56%), Sugar: 4.86g (5.4%), Cholesterol: 84.77mg (28.26%), Sodium: 735.76mg (31.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.61g (79.22%), Vitamin B3: 14.21mg (71.05%), Selenium: 40.98µg (58.54%), Vitamin B6: 1.11mg (55.51%), Phosphorus: 434.24mg (43.42%), Vitamin A: 2094.66IU (41.89%), Vitamin B1: 0.48mg (31.89%), Vitamin B2: 0.44mg (26.02%), Folate: 91.74µg (22.93%), Zinc: 3.44mg (22.92%), Calcium: 227.2mg (22.72%), Manganese: 0.42mg (20.97%), Vitamin B12: 1.22µg (20.41%), Iron: 3.62mg (20.09%), Potassium: 567.4mg (16.21%), Magnesium: 62.7mg (15.68%), Vitamin B5: 1.36mg (13.61%), Copper: 0.18mg

(8.79%), Fiber: 2.13g (8.51%), Vitamin C: 6.93mg (8.4%), Vitamin E: 0.71mg (4.76%), Vitamin D: 0.57µg (3.78%),
Vitamin K: 3.21µg (3.06%)