



WHATSheATE



Grilled Parmesan-Turkey Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb pd of ground turkey
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 4 hawaiian rolls split
- ☐ 1 serving onion red

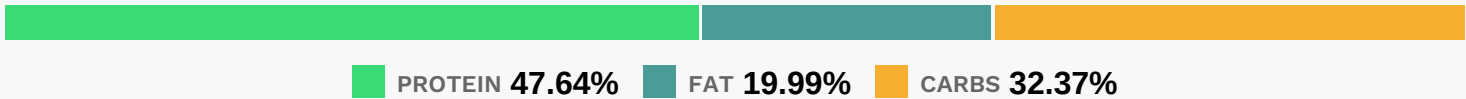
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill. In medium bowl, mix all ingredients except buns and onions. Shape mixture into 4 patties, about 1/2 inch thick.
- ☐ Carefully brush vegetable oil on grill rack.
- ☐ Place patties on grill rack over medium heat. Cover grill; cook patties 12 to 15 minutes, turning once, until thermometer inserted in center of patties reads 165°F.
- ☐ Add buns, cut sides down, to side of grill for last 4 minutes of grilling.
- ☐ Serve patties on buns with grilled or raw onion rings.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:12.9, Inflammation Score:-4, Nutrition Score:16.660869437715%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 282.7kcal (14.13%), Fat: 6.24g (9.59%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 21.88g (7.96%), Sugar: 3.16g (3.51%), Cholesterol: 69.62mg (23.21%), Sodium: 488.82mg (21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.44g (66.87%), Vitamin B3: 12.82mg (64.1%), Selenium: 39.69µg (56.7%), Vitamin B6: 1.01mg (50.37%), Phosphorus: 354.38mg (35.44%), Vitamin B1: 0.31mg (20.46%), Zinc: 2.68mg (17.85%), Vitamin B2: 0.28mg (16.28%), Calcium: 140.33mg (14.03%), Manganese: 0.27mg (13.55%), Iron: 2.41mg (13.39%), Vitamin B12: 0.78µg (12.95%), Folate: 50.85µg (12.71%), Potassium: 406.58mg (11.62%), Magnesium: 46.25mg (11.56%), Vitamin B5: 1.03mg (10.29%), Copper: 0.12mg (5.95%), Vitamin K: 4.01µg (3.82%), Fiber: 0.83g (3.31%), Vitamin D: 0.5µg (3.3%), Vitamin A: 134.2IU (2.68%), Vitamin E: 0.24mg (1.61%), Vitamin C: 1.01mg (1.23%)