



## Grilled Texas Turkey Burgers

READY IN



21 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup barbecue sauce
- 4.5 ounces chilis green drained chopped canned
- 1 pound pd of ground turkey
- 4 hawaiian rolls split
- 4 ounce monterrey jack cheese with jalapeño peppers

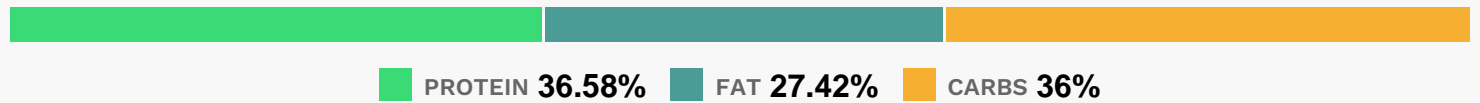
### Equipment

- grill

## Directions

- Heat coals or gas grill for direct heat.
- Mix turkey, barbecue sauce and chilies. Shape mixture into 4 patties, each about 1 inch thick.
- Grill patties covered 4 to 6 inches from medium coals 14 to 16 minutes, turning once, until turkey is no longer pink in center. About 1 minute before burgers are done, top each with cheese slice. Grill until cheese is melted.
- Serve on buns.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:12.93, Inflammation Score:-6, Nutrition Score:20.518695800201%

## Nutrients (% of daily need)

Calories: 420.91kcal (21.05%), Fat: 12.79g (19.68%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 36.15g (13.15%), Sugar: 15.14g (16.82%), Cholesterol: 87.6mg (29.2%), Sodium: 935.19mg (40.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.4g (76.79%), Vitamin B3: 13.25mg (66.23%), Selenium: 41.43µg (59.18%), Vitamin B6: 1.09mg (54.32%), Phosphorus: 437.37mg (43.74%), Calcium: 300.09mg (30.01%), Vitamin B2: 0.39mg (22.76%), Zinc: 3.25mg (21.66%), Vitamin B1: 0.32mg (21.3%), Folate: 72.53µg (18.13%), Iron: 3.21mg (17.81%), Potassium: 528.93mg (15.11%), Vitamin B12: 0.9µg (14.99%), Manganese: 0.29mg (14.64%), Vitamin C: 11.68mg (14.16%), Magnesium: 56.35mg (14.09%), Vitamin B5: 1.14mg (11.43%), Copper: 0.15mg (7.37%), Vitamin A: 367.05IU (7.34%), Fiber: 1.64g (6.55%), Vitamin D: 0.62µg (4.16%), Vitamin E: 0.56mg (3.7%), Vitamin K: 3.42µg (3.25%)