



## Grilled Turkey and Zucchini Burgers

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



1382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 large crimini mushrooms chopped
- 1 tablespoon dijon mustard
- 1 pound pd of ground turkey
- 1 tablespoon catsup
- 1 teaspoon kosher salt
- 6 romaine leaves
- 1 teaspoon pepper
- 6 sourdough bread split english

- 2 tablespoons vegetable oil
- 1 medium onion white sliced into rounds
- 1 medium zucchini shredded

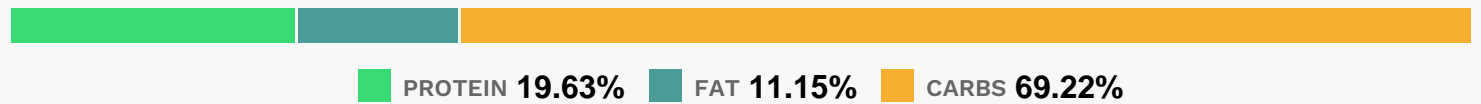
## Equipment

- bowl
- grill

## Directions

- Heat a grill to medium (350 to 450).
- Mix turkey, zucchini, mushrooms, salt, pepper, ketchup, mustard, and 1 tbsp. water in a medium bowl. Form into 6 patties.
- Brush patties and onion rings with oil. Grill both, turning once, until burgers are cooked through, about 8 minutes, and onion rings are starting to brown, about 3 minutes. In last few minutes, toast muffins on grill.
- Assemble burgers on muffins with lettuce, onion, and any additional toppings you like.

## Nutrition Facts



## Properties

Glycemic Index:31.08, Glycemic Load:181.77, Inflammation Score:-10, Nutrition Score:50.939130700153%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg 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: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

## Nutrients (% of daily need)

Calories: 1381.95kcal (69.1%), Fat: 17.21g (26.47%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 240.3g (80.1%), Net Carbohydrates: 229.16g (83.33%), Sugar: 23.62g (26.24%), Cholesterol: 41.58mg (13.86%), Sodium: 3214.5mg (139.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.16g (136.33%), Vitamin B1: 3.33mg (222.1%), Selenium: 151.78µg (216.83%), Vitamin B3: 30.13mg (150.63%), Folate: 588.3µg (147.08%), Manganese: 2.61mg (130.59%), Vitamin B2: 2.16mg (127.14%), Iron: 18.82mg (104.56%), Phosphorus: 695.83mg (69.58%), Vitamin B6:

1.26mg (62.84%), Magnesium: 181.32mg (45.33%), Fiber: 11.14g (44.57%), Zinc: 6.43mg (42.89%), Copper: 0.85mg (42.45%), Vitamin A: 1877.98IU (37.56%), Potassium: 1001.56mg (28.62%), Calcium: 262.58mg (26.26%), Vitamin B5: 2.53mg (25.31%), Vitamin C: 11.64mg (14.1%), Vitamin K: 13.64µg (12.99%), Vitamin E: 1.54mg (10.27%), Vitamin B12: 0.4µg (6.7%), Vitamin D: 0.32µg (2.13%)