



Grilled Turkey Burger with Sweet Pepper Mayo

READY IN



25 min.

SERVINGS



4

CALORIES



961 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices peppered bacon thick crisp cooked
- ☐ 1.5 pounds pd of ground turkey
- ☐ 0.5 optional: lemon juiced
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 1 jar jalapeño peppers drained
- ☐ 1 package ranch dressing mix
- ☐ 1 pinch pepper flakes red
- ☐ 0.5 roasted pepper diced red

- ☐ 0.5 roasted pepper diced yellow
- ☐ 4 servings salt and freshly cracked pepper black
- ☐ 4 rolls
- ☐ 8 slices cheddar white

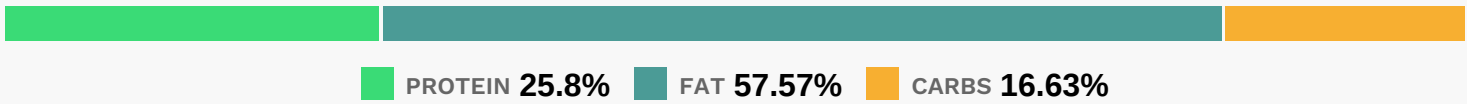
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill to high.
- ☐ In a bowl add the mayonnaise, lemon juice, red pepper flakes, and roasted peppers. Season with salt and pepper, to taste, and set aside.
- ☐ In a large bowl, mix the ground turkey with ranch dressing mix, and salt and pepper, to taste. Form the meat into 4 patties and put on a platter lined with parchment paper. Season the burgers with salt and pepper, to taste, and drizzle both sides with olive oil .Grill the burgers for 4 to 5 minutes on each side. Top each burger with 2 slices of Cheddar and 1 slice of bacon. Grill for an additional minute or until the cheese melts.
- ☐ Remove from grill.
- ☐ Spread the sweet pepper mayonnaise on each side of rolls and add the burgers.
- ☐ Serve with pickled jalapenos and enjoy.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:23.63, Inflammation Score:-6, Nutrition Score:30.923913136772%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 961.43kcal (48.07%), Fat: 61.31g (94.32%), Saturated Fat: 18.76g (117.24%), Carbohydrates: 39.86g (13.29%), Net Carbohydrates: 38.29g (13.92%), Sugar: 5.02g (5.58%), Cholesterol: 175.83mg (58.61%), Sodium: 1919.37mg (83.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.81g (123.62%), Vitamin B3: 17.5mg (87.48%), Selenium: 58.59µg (83.71%), Vitamin B6: 1.59mg (79.27%), Iron: 12.4mg (68.91%), Phosphorus: 684.29mg (68.43%), Vitamin K: 51.26µg (48.82%), Calcium: 418.39mg (41.84%), Zinc: 5.38mg (35.85%), Vitamin B2: 0.45mg (26.74%), Vitamin B12: 1.6µg (26.74%), Vitamin B5: 1.93mg (19.29%), Potassium: 627.28mg (17.92%), Magnesium: 69.55mg (17.39%), Vitamin E: 2.59mg (17.28%), Vitamin C: 11.48mg (13.92%), Vitamin A: 692.72IU (13.85%), Vitamin B1: 0.19mg (12.87%), Vitamin D: 1.16µg (7.74%), Copper: 0.15mg (7.47%), Folate: 29.77µg (7.44%), Fiber: 1.57g (6.28%), Manganese: 0.04mg (2.01%)