



Grilled Turkey Burgers

READY IN



20 min.

SERVINGS



20

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp grey poupon dijon mustard
- 1 lb pd of ground turkey frozen thawed
- 4 hamburger buns
- 4 singles kraft
- 4 lettuce leaves
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 1 tomatoes cut into 4 slices

Equipment

grill

Directions

- Heat grill to medium heat.
- Mix first 3 ingredients; shape into 4 (1/2-inch-thick) patties.
- Grill 5 to 6 min. on each side or until done (165F). Top with cheese; grill 1 min. or until melted.
- Fill buns with burgers, lettuce and tomatoes.

Nutrition Facts

 **PROTEIN 47.6%**  **FAT 16.37%**  **CARBS 36.03%**

Properties

Glycemic Index:6.6, Glycemic Load:2.64, Inflammation Score:-4, Nutrition Score:3.8869565336601%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 53.64kcal (2.68%), Fat: 0.97g (1.5%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 4.51g (1.64%), Sugar: 0.88g (0.98%), Cholesterol: 12.62mg (4.21%), Sodium: 72.34mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Vitamin B3: 2.62mg (13.11%), Selenium: 7.65µg (10.93%), Vitamin B6: 0.21mg (10.5%), Vitamin A: 417.73IU (8.35%), Phosphorus: 65.8mg (6.58%), Vitamin B1: 0.07mg (4.62%), Manganese: 0.07mg (3.68%), Vitamin B2: 0.06mg (3.32%), Zinc: 0.49mg (3.28%), Folate: 12.73µg (3.18%), Iron: 0.54mg (3.01%), Potassium: 103.1mg (2.95%), Magnesium: 10.23mg (2.56%), Vitamin C: 1.82mg (2.21%), Vitamin B12: 0.13µg (2.21%), Vitamin B5: 0.21mg (2.08%), Calcium: 17.35mg (1.73%), Copper: 0.03mg (1.34%), Fiber: 0.31g (1.24%), Vitamin K: 1.29µg (1.22%)