



Grilled Turkey Burgers with Cheddar and Smoky Aioli

READY IN



40 min.

SERVINGS



4

CALORIES



834 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground meat turkey
- ☐ 4 servings arugula
- ☐ 0.5 teaspoon coriander seeds
- ☐ 4 servings corn chips
- ☐ 0.5 teaspoon cumin seeds
- ☐ 1 garlic clove pressed
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise

- ☐ 4 slices cheddar cheese white
- ☐ 2 tablespoons olive oil extra virgin extra-virgin for brushing
- ☐ 4.3 inch onion red
- ☐ 4 servings toppings: such as pickles
- ☐ 2 small bell pepper red quartered
- ☐ 4 hawaiian rolls
- ☐ 1.5 teaspoons paprika smoked

Equipment

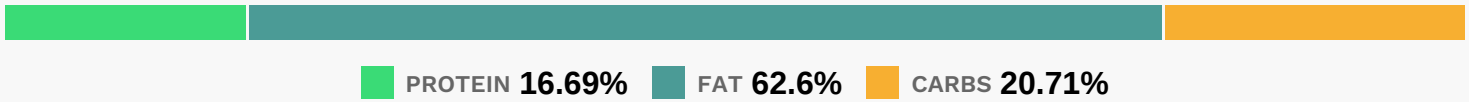
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ mortar and pestle

Directions

- ☐ Toast cumin seeds and coriander seeds in small skillet over medium-high heat until aromatic and slightly darker in color, shaking skillet often, about 1 1/2 minutes. Cool. Finely grind toasted seeds in spice grinder or in mortar with pestle.
- ☐ Whisk mayonnaise, 2 tablespoons extra-virgin olive oil, fresh lemon juice, smoked paprika, garlic, and ground spices in small bowl. Season aioli to taste with salt and pepper. DO AHEAD: Aioli can be made 1 day ahead. Cover and refrigerate.
- ☐ Place turkey in medium bowl.
- ☐ Add 2 tablespoons aioli; mix gently. Using damp hands, divide turkey mixture into 4 equal portions, then form each into scant 3/4-inch thick patty, about 3 1/2 inches in diameter. Using thumb, make small indentation in center of each burger. DO AHEAD: Can be made 4 hours ahead. Cover and chill.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Sprinkle burgers with salt and pepper.
- ☐ Brush onion slices and bell pepper pieces with oil; sprinkle with salt and pepper. Grill onions and bell peppers until soft and charred, about 4 minutes per side.

- ☐
- Grill turkey burgers 5 minutes. Turn over; grill until almost cooked through,about 4 minutes. Top each burger with 1 cheese slice and grill until meat is cooked through and cheese melts, about 1 minute longer.
- ☐
- Place 1 turkey burger on each of 4 bun bottoms. Arrange grilled red pepper pieces, then grilled red onion slices over. Top each with dollop of aioli and some arugula. Cover burgers with bun tops and serve with pickle wedges and corn chips.
- ☐
- Per serving: Calories (kcal) 657.7, % Calories from Fat 61.6, Fat (g) 45.0, Saturated Fat (g) 10.7, Cholesterol (mg) 109.0, Carbohydrates (g) 24.7, Dietary Fiber (g) 2.0, Total Sugars (g) 3.9, Net Carbs (g) 22.7, Protein (g) 35.8
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:13.82, Inflammation Score:-9, Nutrition Score:31.598695568416%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 833.99kcal (41.7%), Fat: 58.62g (90.19%), Saturated Fat: 13.76g (86%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 39.71g (14.44%), Sugar: 6.32g (7.02%), Cholesterol: 123.67mg (41.22%), Sodium: 1326.3mg (57.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.17g (70.33%), Vitamin K: 78.63µg (74.88%), Vitamin C: 52.27mg (63.35%), Selenium: 44.25µg (63.22%), Phosphorus: 482.72mg (48.27%), Vitamin A: 2269.54IU (45.39%), Vitamin B3: 8.76mg (43.79%), Calcium: 386.29mg (38.63%), Vitamin E: 5.34mg (35.59%), Vitamin B2: 0.58mg (34%), Vitamin B6: 0.66mg (33.01%), Zinc: 4.9mg (32.64%), Vitamin B12: 1.78µg (29.62%), Vitamin B1: 0.4mg (26.43%), Manganese: 0.52mg (25.93%), Iron: 4.12mg (22.89%), Folate: 91.24µg (22.81%), Magnesium: 79.08mg (19.77%), Vitamin B5: 1.68mg (16.79%), Potassium: 583.66mg (16.68%), Fiber: 3.94g (15.78%), Copper: 0.26mg (12.78%), Vitamin D: 0.68µg (4.52%)