



## Grilled Turkey Burgers with Goat Cheese Spread

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 large egg white
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 2 garlic cloves minced
- ☐ 1 ounce goat cheese crumbled
- ☐ 1 pound ground turkey breast

- ☐ 12 ounce hamburger buns whole-wheat toasted
- ☐ 2 teaspoons lemon rind grated
- ☐ 6 leaf lettuce leaves green
- ☐ 0.5 cup yogurt 2% greek-style reduced-fat (such as Fage)
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.8 inch onion red
- ☐ 0.5 teaspoon salt

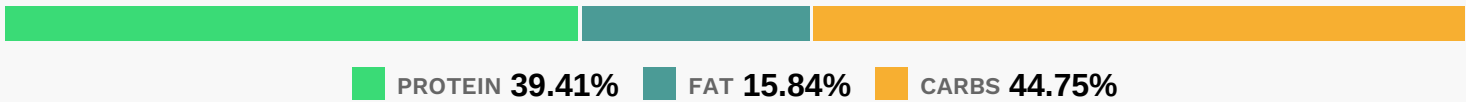
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

## Directions

- ☐ Combine first 6 ingredients and 1/8 teaspoon pepper in a large bowl, mixing gently. Divide turkey mixture into 6 equal portions, shaping each into a 1/4-inch-thick patty.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook 8 minutes on each side or until done.
- ☐ Combine remaining 1/8 teaspoon pepper, yogurt, and next 4 ingredients (through mint) in a bowl, stirring well.
- ☐ Spread 1 1/2 tablespoons yogurt mixture on the bottom half of each bun; top each serving with 1 lettuce leaf, 1 onion slice, and 1 patty.
- ☐ Place top half of bun on each serving.

## Nutrition Facts



## Properties

Glycemic Index:31.33, Glycemic Load:17.11, Inflammation Score:-10, Nutrition Score:28.448695628539%

## Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 287.62kcal (14.38%), Fat: 5.09g (7.84%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 29.39g (10.69%), Sugar: 5.17g (5.74%), Cholesterol: 44.59mg (14.86%), Sodium: 581.65mg (25.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.51g (57.02%), Vitamin K: 207.04µg (197.18%), Vitamin A: 5846.21IU (116.92%), Selenium: 38.04µg (54.35%), Vitamin B3: 10.1mg (50.48%), Vitamin B6: 0.81mg (40.68%), Manganese: 0.74mg (37.09%), Folate: 135.33µg (33.83%), Phosphorus: 292.35mg (29.24%), Vitamin B1: 0.41mg (27.53%), Vitamin B2: 0.45mg (26.66%), Iron: 4mg (22.22%), Magnesium: 77.84mg (19.46%), Calcium: 191.16mg (19.12%), Potassium: 520.62mg (14.87%), Zinc: 2.21mg (14.7%), Fiber: 2.99g (11.95%), Vitamin E: 1.75mg (11.69%), Copper: 0.23mg (11.38%), Vitamin B12: 0.63µg (10.49%), Vitamin B5: 0.83mg (8.34%), Vitamin C: 6.68mg (8.1%), Vitamin D: 0.32µg (2.14%)