



## Healthier Actually Delicious Turkey Burgers

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 egg whites lightly beaten
- 0.3 cup parsley fresh chopped
- 1 clove garlic minced peeled
- 0.3 teaspoon ground pepper black
- 3 pounds pd of ground turkey
- 0.3 cup onion diced finely
- 1 teaspoon salt
- 0.3 cup seasoned bread crumbs

1 cup zucchini grated

## Equipment

bowl

frying pan

kitchen thermometer

## Directions

Mix ground turkey, zucchini, seasoned bread crumbs, onion, egg whites, parsley, garlic, salt, and pepper in a large bowl. Form into 12 patties.

Heat a skillet over medium heat; arrange patties in skillet and cook until no longer pink in the center and juices run clear, about 4 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

## Nutrition Facts

**PROTEIN 77.72%** **FAT 15.11%** **CARBS 7.17%**

## Properties

Glycemic Index:11.33, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:12.878695809323%

## Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 143.2kcal (7.16%), Fat: 2.41g (3.7%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.59g (0.66%), Cholesterol: 62.39mg (20.8%), Sodium: 295.03mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.85g (55.69%), Vitamin B3: 11.24mg (56.19%), Vitamin B6: 1mg (50.08%), Selenium: 26.76µg (38.22%), Phosphorus: 268.66mg (26.87%), Vitamin K: 22.18µg (21.12%), Zinc: 2.09mg (13.93%), Potassium: 388.81mg (11.11%), Vitamin B5: 1.06mg (10.55%), Vitamin B12: 0.59µg (9.86%), Vitamin B2: 0.16mg (9.62%), Magnesium: 37.54mg (9.39%), Vitamin B1: 0.1mg (6.82%), Iron: 1.13mg (6.29%), Vitamin C: 3.9mg (4.73%), Folate: 17.27µg (4.32%), Copper: 0.08mg (4.16%), Manganese: 0.07mg (3.33%), Vitamin A: 159.46IU (3.19%),

Vitamin D: 0.45 $\mu$ g (3.02%), Fiber: 0.34g (1.36%), Calcium: 13.2mg (1.32%)