



## Herb Blend Turkey Burgers

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup basil fresh chopped
- 0.8 teaspoon garlic minced
- 1 pound pd of ground turkey lean
- 2 teaspoons lemon rind grated
- 0.1 teaspoon salt
- 4 servings spinach leaves shredded
- 4 kaiser rolls split
- 1 slices tomatoes

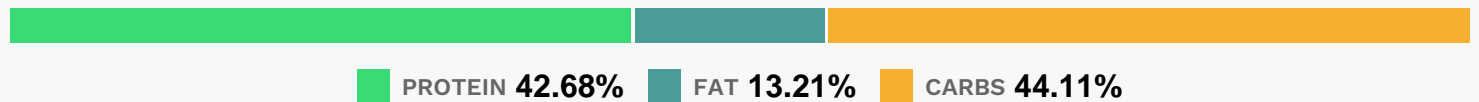
# Equipment

- bowl
- grill

# Directions

- Combine first 5 ingredients in a large bowl until blended. (Do not overwork meat mixture.) Shape mixture into 4 (5-inch) patties.
- Grill, covered with grill lid, over medium-high heat (350 to 400°F)
- to 6 minutes on each side or until done.
- Scoop out soft centers from bottom half of rolls, leaving 1/4-inch-thick shells.
- Place burgers in shells; top evenly with spinach and tomato slices, and cover with roll tops.

# Nutrition Facts



# Properties

Glycemic Index:60.75, Glycemic Load:23.23, Inflammation Score:-9, Nutrition Score:24.132608600285%

# Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

# Nutrients (% of daily need)

Calories: 310.01kcal (15.5%), Fat: 4.56g (7.01%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 34.26g (11.42%), Net Carbohydrates: 32.31g (11.75%), Sugar: 4.69g (5.21%), Cholesterol: 62.37mg (20.79%), Sodium: 447.28mg (19.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.28%), Vitamin K: 151.67µg (144.45%), Iron: 12.42mg (69%), Vitamin A: 2977.35IU (59.55%), Vitamin B3: 11.29mg (56.44%), Vitamin B6: 1.05mg (52.34%), Selenium: 25.45µg (36.36%), Phosphorus: 275.55mg (27.56%), Folate: 69.45µg (17.36%), Manganese: 0.31mg (15.52%), Potassium: 526.22mg (15.03%), Magnesium: 58.58mg (14.65%), Zinc: 2.19mg (14.58%), Vitamin C: 11.09mg (13.44%), Vitamin B2: 0.18mg (10.57%), Vitamin B5: 1.03mg (10.33%), Vitamin B12: 0.58µg (9.64%), Fiber: 1.95g (7.79%), Vitamin B1: 0.1mg (6.56%), Copper: 0.12mg (5.86%), Vitamin E: 0.74mg (4.93%), Calcium: 45.23mg (4.52%), Vitamin D: 0.45µg (3.02%)