



How to Make Turkey Burgers

 Popular

READY IN



90 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons bread crumbs plain
- ☐ 1 teaspoon chile paste
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 teaspoons garam masala
- ☐ 2 cloves garlic minced crushed
- ☐ 1.5 tablespoons ground almonds
- ☐ 1.5 pounds pd of ground turkey
- ☐ 1 tablespoon juice of lemon

- ☐ 2 tablespoons yogurt plain
- ☐ 1.5 teaspoons salt

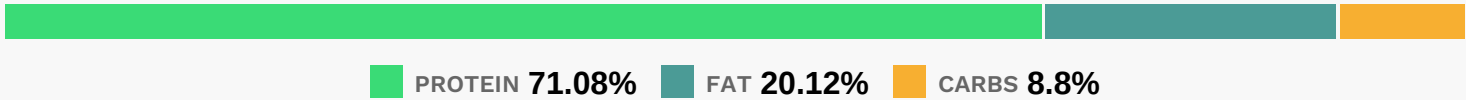
Equipment

- ☐ grill
- ☐ spatula

Directions

- ☐ Combine ground turkey, breadcrumbs, almonds, chili paste, garlic, ginger, salt, garam masala, lemon juice, yogurt, and cilantro; mix thoroughly with a spatula or clean hands.
- ☐ Shape ground turkey mixture into a ball and divide in 4 even pieces; refrigerate for 1 hour. Form each piece into a patty with damp hands.
- ☐ Preheat grill to medium heat and refrigerate turkey burger patties until the grill is hot. Grill turkey burgers until patty appears to be cooked about half way up the side and then flip, grilling each side for about 4 to 5 minutes. Burger is done when surface is cracked and juices start to rise to the top.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:17.284782531469%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 233.66kcal (11.68%), Fat: 5.26g (8.08%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.53g (1.65%), Sugar: 1.01g (1.13%), Cholesterol: 94.85mg (31.62%), Sodium: 992mg (43.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.78g (83.56%), Vitamin B3: 16.81mg (84.03%), Vitamin B6: 1.49mg (74.4%), Selenium: 38.99µg (55.7%), Phosphorus: 405.15mg (40.51%), Zinc: 3.13mg (20.88%), Vitamin B5: 1.57mg (15.71%), Potassium: 540.36mg (15.44%), Vitamin B12: 0.92µg (15.29%), Magnesium: 52.97mg (13.24%),

Vitamin B2: 0.21mg (12.43%), Vitamin B1: 0.15mg (9.99%), Iron: 1.64mg (9.14%), Copper: 0.12mg (5.85%), Folate: 19.36µg (4.84%), Vitamin D: 0.69µg (4.6%), Manganese: 0.07mg (3.69%), Calcium: 33.44mg (3.34%), Vitamin C: 2.22mg (2.69%), Fiber: 0.64g (2.57%), Vitamin A: 68.77IU (1.38%)