



 51%  
HEALTH SCORE

## Indian Turkey Burgers With Lime, Cucumbers, and Chutney

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black
- 0.5 large cucumber sliced thin
- 2 tablespoons ginger fresh minced
- 4 large garlic cloves unpeeled
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 1 teaspoon ground coriander

- 0.8 teaspoon ground cumin
- 1.3 pounds pd of ground turkey
- 1 jalapeno minced seeded
- 1 tablespoon juice of lime fresh
- 0.3 cup major grey chutney
- 4 4-inch pita breads ( )
- 0.5 teaspoon salt
- 10 ounce pkt spinach frozen dry thawed chopped

## Equipment

- bowl
- frying pan
- grill

## Directions

- Set garlic in a small skillet over medium-high heat; toast until spotty brown, about 5 minutes. Peel, mince and set aside.
- Mix salt, pepper, coriander, 1/2 tsp. cumin, cinnamon and cloves in a small bowl.
- Break up turkey in a medium bowl; add garlic, spinach, spice mixture, ginger and jalapeno; stir lightly with a fork to combine. Divide turkey mixture into 4 portions. Toss meat back and forth between cupped hands to form a ball. Pat with fingertips to flatten to about 4 1/2 inches wide. Refrigerate.
- Mix cucumber, lime juice, 1/4 tsp. cumin and salt to taste in a small bowl. Refrigerate until ready to serve.
- For charcoal grill: Build a hot fire on one side of grill. Replace rack. When coals are covered with white ash, add burgers. Cover and cook, turning only once, until done, about 5 minutes per side.
- Grill pitas until spotty brown and warm, a minute or so per side. Split crosswise.
- Place a burger on each of 4 pita halves. Top with cucumbers and chutney, then remaining pita halves.

## Nutrition Facts

PROTEIN 70.9% FAT 15.12% CARBS 13.98%

## Properties

Glycemic Index:57.75, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:30.974347871283%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 199.63kcal (9.98%), Fat: 3.48g (5.36%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 4.27g (1.55%), Sugar: 1.25g (1.39%), Cholesterol: 77.96mg (25.99%), Sodium: 424.11mg (18.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.75g (73.49%), Vitamin K: 267.45µg (254.72%), Vitamin A: 8417.77IU (168.36%), Vitamin B3: 14.29mg (71.43%), Vitamin B6: 1.42mg (70.83%), Selenium: 36.25µg (51.79%), Phosphorus: 376.63mg (37.66%), Manganese: 0.75mg (37.32%), Folate: 121.88µg (30.47%), Magnesium: 105.94mg (26.48%), Potassium: 774.86mg (22.14%), Zinc: 3.07mg (20.44%), Vitamin B2: 0.33mg (19.42%), Iron: 2.98mg (16.58%), Vitamin E: 2.33mg (15.56%), Vitamin B5: 1.45mg (14.48%), Vitamin C: 11.54mg (13.99%), Copper: 0.24mg (12.21%), Vitamin B1: 0.18mg (12.08%), Vitamin B12: 0.72µg (12.05%), Fiber: 2.97g (11.87%), Calcium: 118.35mg (11.83%), Vitamin D: 0.57µg (3.78%)