



Inside-Out Turkey Cheeseburgers

READY IN



23 min.

SERVINGS



8

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 2 teaspoons dijon mustard
- ☐ 4 hawaiian rolls split
- ☐ 1.3 pounds pd of ground turkey lean (93 percent)
- ☐ 4 the of 1 cos lettuce
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 tomatoes sliced

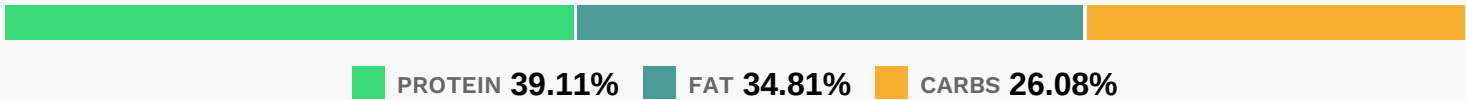
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat a gas grill to medium.
- ☐ Combine ground turkey, salt and mustard in a large bowl and mix with hands to blend. Divide into 4 portions and shape into patties. Make a well in each patty and fill each one with about 2 Tbsp. cheese. Form burgers around cheese, enclosing it completely. Flatten each burger slightly.
- ☐ Oil grill grates.
- ☐ Place burgers on grill, cover and cook until well marked and interiors register 160F on an instant-read thermometer, 7 to 8 minutes per side.
- ☐ Transfer to buns and top with tomato, avocado and lettuce.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:6.83, Inflammation Score:-8, Nutrition Score:14.870869574339%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 214.29kcal (10.71%), Fat: 8.43g (12.97%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 11.61g (4.22%), Sugar: 2.34g (2.6%), Cholesterol: 46.04mg (15.35%), Sodium: 351.28mg (15.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.31g (42.63%), Vitamin B3: 8.36mg (41.81%), Vitamin B6: 0.71mg (35.7%), Selenium: 24.09µg (34.42%), Vitamin A: 1473.74IU (29.47%), Phosphorus: 237.25mg (23.72%), Vitamin K: 22.06µg (21.01%), Folate: 69.15µg (17.29%), Vitamin B1: 0.2mg (13.18%), Vitamin B2: 0.22mg (12.66%), Zinc: 1.89mg (12.61%), Potassium: 435.53mg (12.44%), Fiber: 2.6g (10.41%), Vitamin B5: 1.04mg (10.39%), Manganese: 0.2mg (10.22%), Magnesium: 38.95mg (9.74%), Calcium: 93.07mg (9.31%), Iron: 1.63mg (9.06%), Vitamin B12: 0.48µg (7.99%), Vitamin C: 5.46mg (6.62%), Copper: 0.13mg (6.57%), Vitamin E: 0.79mg (5.24%), Vitamin D: 0.33µg (2.17%)