



Italian Burgers

READY IN



45 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bell pepper green
- 4 cups bell pepper red
- 12 ounces pd of ground turkey
- 12 ounces turkey sausage italian hot
- 2 cups onion vertically sliced
- 1.5 cups pasta sauce fat-free italian (such as Muir Glen)
- 3 ounces provolone cheese shredded
- 12 ounce hamburger buns whole wheat

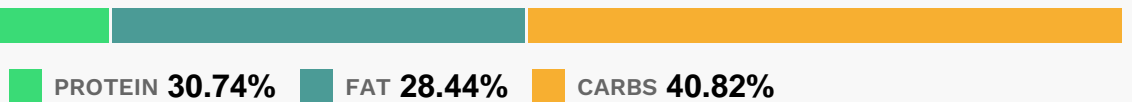
Equipment

- bowl
- frying pan
- grill
- broiler
- broiler pan

Directions

- Prepare grill or broiler.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add bell peppers and onion; saut 10 minutes.
- Add pasta sauce, and cook 1 minute or until thoroughly heated. Keep warm.
- Remove casings from sausage.
- Combine sausage and turkey in a large bowl. Divide mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
- Place patties on a grill rack or broiler pan coated with cooking spray; cook 4 minutes on each side or until done.
- Place 1 patty on bottom half of each hamburger bun; top each patty with 2/3 cup bell pepper mixture, 2 tablespoons cheese, and top half of each hamburger bun.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:3.63, Inflammation Score:-10, Nutrition Score:35.360869925955%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.96mg, Luteolin: 2.96mg, Luteolin: 2.96mg, Luteolin: 2.96mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg

Nutrients (% of daily need)

Calories: 423.75kcal (21.19%), Fat: 13.86g (21.32%), Saturated Fat: 5.55g (34.7%), Carbohydrates: 44.76g (14.92%), Net Carbohydrates: 37.34g (13.58%), Sugar: 15.24g (16.94%), Cholesterol: 71.02mg (23.67%), Sodium: 1215.74mg (52.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.7g (67.4%), Vitamin C: 192.55mg (233.39%), Vitamin A: 3780.73IU (75.61%), Selenium: 45.94µg (65.62%), Vitamin B6: 1.29mg (64.44%), Vitamin B3: 12.02mg (60.12%), Iron: 9.49mg (52.72%), Manganese: 0.92mg (46.2%), Phosphorus: 440.84mg (44.08%), Folate: 139.73µg (34.93%), Vitamin B2: 0.53mg (31.26%), Vitamin B1: 0.46mg (30.79%), Fiber: 7.42g (29.68%), Potassium: 945.53mg (27.02%), Zinc: 3.8mg (25.31%), Magnesium: 90.94mg (22.74%), Calcium: 207.39mg (20.74%), Vitamin B5: 1.92mg (19.16%), Vitamin E: 2.76mg (18.39%), Copper: 0.36mg (18.14%), Vitamin B12: 0.75µg (12.43%), Vitamin K: 12.54µg (11.94%), Vitamin D: 0.3µg (1.98%)