



Italian Sausage Burgers with Fennel Slaw

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons cider vinegar
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 1.5 cups fennel bulb thinly sliced
- ☐ 8 ounces ground turkey breast
- ☐ 8 ounces turkey sausage italian hot
- ☐ 2 ounce provolone cheese
- ☐ 1 cup onion red vertically sliced
- ☐ 0.1 teaspoon salt

- ☐ 8 ounce kaiser rolls
- ☐ 2 teaspoons sugar

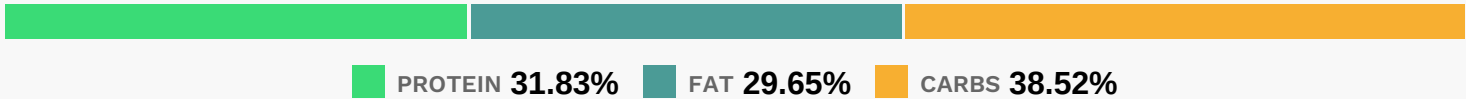
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ slotted spoon

Directions

- ☐ To prepare slaw, combine vinegar, sugar, oil, pepper, and salt in a medium bowl, stirring with a whisk until sugar dissolves.
- ☐ Add fennel and onion, tossing to combine.
- ☐ Let stand at room temperature 30 minutes to 1 hour, tossing slaw occasionally.
- ☐ Prepare grill.
- ☐ To prepare burgers, remove sausage from casing.
- ☐ Combine the sausage and the turkey breast. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 5 minutes on each side. Top each patty with 1 cheese slice; grill 1 to 2 minutes or until burgers are done and cheese melts.
- ☐ Place rolls, cut sides down, on grill rack; grill 1 minute or until toasted. Removing slaw with a slotted spoon, arrange about 1/2 cup slaw on bottom half of each roll; top each serving with 1 patty and top half of roll.

Nutrition Facts



Properties

Glycemic Index:78.52, Glycemic Load:21.29, Inflammation Score:-5, Nutrition Score:18.757391183273%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 385.34kcal (19.27%), Fat: 12.71g (19.55%), Saturated Fat: 4.81g (30.09%), Carbohydrates: 37.15g (12.38%), Net Carbohydrates: 34.07g (12.39%), Sugar: 10.35g (11.5%), Cholesterol: 71.02mg (23.67%), Sodium: 983.32mg (42.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.39%), Iron: 14.81mg (82.28%), Selenium: 27.63µg (39.46%), Vitamin B3: 7.87mg (39.33%), Vitamin B6: 0.78mg (38.8%), Phosphorus: 332.47mg (33.25%), Vitamin C: 24.11mg (29.23%), Vitamin K: 21.77µg (20.73%), Zinc: 2.8mg (18.67%), Calcium: 152.08mg (15.21%), Potassium: 497.82mg (14.22%), Vitamin B2: 0.22mg (13.23%), Fiber: 3.08g (12.34%), Vitamin B12: 0.74µg (12.33%), Vitamin B5: 1.14mg (11.45%), Magnesium: 44.63mg (11.16%), Manganese: 0.19mg (9.32%), Copper: 0.14mg (6.95%), Folate: 26.92µg (6.73%), Vitamin B1: 0.1mg (6.66%), Vitamin A: 265.76IU (5.32%), Vitamin E: 0.41mg (2.77%), Vitamin D: 0.3µg (1.98%)