



Jamaican Jerk Turkey Burgers with Papaya-Mango Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs dry
- 1 large egg white
- 2 tablespoons cilantro leaves fresh chopped
- 1 pound pd of ground turkey
- 8 ounce hamburger buns
- 1 tablespoon jamaican jerk seasoning (such as Spice Islands)
- 2 tablespoons juice of lime fresh

- 0.5 teaspoon lime rind grated
- 0.7 cup mangos diced peeled
- 0.7 cup papaya diced peeled
- 0.3 cup bell pepper red finely chopped
- 0.3 cup onion red finely chopped
- 1 cup onion red finely chopped
- 0.3 cup bottled sweet-and-sour sauce

Equipment

- grill

Directions

- To prepare salsa, combine first 7 ingredients.
- Let stand at room temperature at least 30 minutes.
- Prepare grill to medium heat.
- To prepare burgers, combine 1 cup onion and next 5 ingredients (onion through egg white), stirring well.
- Add turkey; mix well to combine. Divide turkey mixture into 4 equal portions, shaping each into a 1-inch-thick patty. Cover and refrigerate 20 minutes.
- Lightly coat patties with cooking spray; place on a grill rack coated with cooking spray. Grill 7 minutes on each side or until done.
- Cut rolls in half horizontally.
- Place rolls, cut sides down, on grill rack; grill 1 minute or until lightly toasted.
- Place 1 patty on bottom half of each roll; top with 1/2 cup salsa and top half of roll.

Nutrition Facts

 **PROTEIN 30.53%**  **FAT 10.79%**  **CARBS 58.68%**

Properties

Glycemic Index:80.63, Glycemic Load:21.29, Inflammation Score:-9, Nutrition Score:26.429130492003%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg

Nutrients (% of daily need)

Calories: 476.74kcal (23.84%), Fat: 5.69g (8.76%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 69.7g (23.23%), Net Carbohydrates: 65.45g (23.8%), Sugar: 27.58g (30.65%), Cholesterol: 62.37mg (20.79%), Sodium: 836mg (36.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.25g (72.51%), Vitamin B3: 14.94mg (74.72%), Selenium: 46.52µg (66.45%), Vitamin B6: 1.2mg (59.91%), Vitamin C: 42.97mg (52.08%), Vitamin B1: 0.56mg (37.15%), Phosphorus: 368.49mg (36.85%), Manganese: 0.58mg (29.16%), Vitamin A: 1451.08IU (29.02%), Folate: 112.84µg (28.21%), Vitamin B2: 0.44mg (25.68%), Iron: 4.08mg (22.68%), Potassium: 673.99mg (19.26%), Zinc: 2.85mg (19.02%), Magnesium: 70.05mg (17.51%), Fiber: 4.25g (17%), Calcium: 138.04mg (13.8%), Vitamin B5: 1.31mg (13.07%), Vitamin B12: 0.75µg (12.44%), Copper: 0.25mg (12.43%), Vitamin E: 1.5mg (10.02%), Vitamin K: 8.81µg (8.39%), Vitamin D: 0.45µg (3.02%)