



Kickin' Turkey Burger with Caramelized Onions and Spicy Sweet Mayo

 Dairy Free or type unknown

READY IN

ready or type unknown

35 min.

SERVINGS

servings or type unknown

5

CALORIES

calories or type unknown

739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons barbeque sauce
- ☐ 1 teaspoon ground pepper
- ☐ 1.3 pounds ground turkey breast
- ☐ 5 hamburger buns split
- ☐ 0.3 cup honey
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 jalapeno minced seeded

- ☐ 1 cup mayonnaise light
- ☐ 0.3 teaspoon liquid smoke flavoring
- ☐ 5 servings spicy mayo sweet
- ☐ 0.3 cup mustard coarse-grain
- ☐ 1 tablespoon olive oil
- ☐ 0.5 large onion sliced
- ☐ 5 servings pepper sauce hot
- ☐ 1 teaspoon suya seasoning mix dry mesquite flavored
- ☐ 1 tablespoon steak seasoning
- ☐ 5 servings burgers
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine mayonnaise, mustard, honey, horseradish, hot pepper sauce, and cayenne pepper in a bowl. Cover and refrigerate.
- ☐ Mix ground turkey, grated onion, jalapeno, barbeque sauce, Worcestershire sauce, liquid smoke, steak seasoning, and mesquite seasoning in a large bowl. Form into 5 patties.
- ☐ Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.
- ☐ Cook the patties in a medium skillet over medium heat, turning once, to an internal temperature of 180 degrees F (85 degrees C), about 6 minutes per side.
- ☐ Serve on buns topped with spicy sweet mayo and caramelized onions.

Nutrition Facts



Properties

Glycemic Index:65.45, Glycemic Load:20.69, Inflammation Score:-6, Nutrition Score:22.142608808435%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 739.23kcal (36.96%), Fat: 32.44g (49.91%), Saturated Fat: 6.78g (42.39%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 45.39g (16.5%), Sugar: 22.94g (25.49%), Cholesterol: 179.06mg (59.69%), Sodium: 1116.21mg (48.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.52g (121.05%), Vitamin B3: 13.16mg (65.8%), Selenium: 42.81µg (61.16%), Vitamin B6: 1.08mg (54.04%), Vitamin K: 48.22µg (45.92%), Phosphorus: 338.03mg (33.8%), Iron: 5.29mg (29.37%), Vitamin B1: 0.35mg (23.41%), Manganese: 0.46mg (23.01%), Zinc: 2.6mg (17.37%), Vitamin B2: 0.29mg (17.19%), Potassium: 562.15mg (16.06%), Folate: 62.56µg (15.64%), Magnesium: 59.62mg (14.9%), Vitamin E: 2.23mg (14.86%), Calcium: 143.46mg (14.35%), Vitamin B5: 1.13mg (11.3%), Vitamin B12: 0.67µg (11.15%), Fiber: 2.46g (9.83%), Vitamin A: 461.99IU (9.24%), Copper: 0.18mg (8.96%), Vitamin C: 7.3mg (8.84%), Vitamin D: 0.46µg (3.08%)