



Kosher Broiled Turkey Burgers with Cranberry Sauce

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon sage fresh chopped
- 1 pound pd of ground turkey
- 4 hamburger buns whole wheat split
- 0.3 teaspoon salt
- 2 tablespoons soy milk
- 0.3 cup herb-seasoned stuffing mix crushed
- 0.5 cup cranberry sauce whole

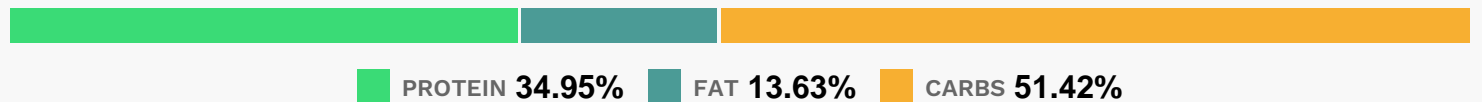
Equipment

- bowl
- oven
- kitchen thermometer
- broiler
- toaster
- broiler pan

Directions

- Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- Stir stuffing mix, soy milk, sage, and salt together in a bowl; add turkey and stir until thoroughly combined. Divide turkey mixture into 4 equal portions and shape into 1/2-inch thick patties.
- Place patties on a broiler pan.
- Cook turkey burgers in the preheated broiler until no longer pink in the center and juices run clear, about 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Toast hamburger buns in a toaster.
- Arrange lettuce leaves on bottom halves of hamburger buns.
- Place turkey patties and cranberry sauce on top of lettuce and place top half of bun on top.

Nutrition Facts



Properties

Glycemic Index:8.35, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:24.58913036533%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg,

Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 382.66kcal (19.13%), Fat: 5.86g (9.01%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 49.75g (16.58%), Net Carbohydrates: 46.88g (17.05%), Sugar: 15.76g (17.51%), Cholesterol: 62.57mg (20.86%), Sodium: 691.85mg (30.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.82g (67.63%), Copper: 4.78mg (238.76%), Vitamin B3: 14.44mg (72.19%), Selenium: 49.15µg (70.21%), Vitamin B6: 1.07mg (53.28%), Manganese: 0.75mg (37.57%), Phosphorus: 342.07mg (34.21%), Vitamin B1: 0.41mg (27.37%), Folate: 94.89µg (23.72%), Vitamin B2: 0.36mg (21.31%), Iron: 3.75mg (20.84%), Zinc: 2.71mg (18.06%), Magnesium: 63.83mg (15.96%), Potassium: 481.83mg (13.77%), Vitamin B5: 1.3mg (12.98%), Fiber: 2.86g (11.45%), Vitamin B12: 0.67µg (11.13%), Calcium: 86.75mg (8.67%), Vitamin E: 0.7mg (4.67%), Vitamin D: 0.54µg (3.62%), Vitamin K: 2.1µg (2%), Vitamin A: 72.92IU (1.46%), Vitamin C: 0.89mg (1.08%)