



La Bella Italian Turkey Burger

READY IN



30 min.

SERVINGS



4

CALORIES



849 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch pepper black
- 4 hawaiian rolls
- 1 eggs
- 1 tablespoon olive oil extra virgin
- 4 tablespoons olive oil extra virgin
- 1 cup basil fresh finely chopped
- 1 cup basil fresh finely chopped
- 1 cup basil fresh finely chopped
- 1 cup basil fresh finely chopped

- 8 ounces mozzarella fresh
- 1 tablespoon rosemary leaves fresh finely chopped
- 1 tablespoon garlic fresh
- 1 pound pd of ground turkey
- 1 pound turkey sausage sweet italian (usually found in links)
- 1 tablespoon mayonnaise
- 1 tablespoon oregano dry finely chopped
- 0.5 tsp pepper
- 2 tablespoons pinenuts toasted
- 1 bell pepper red sliced
- 0.3 teaspoon salt
- 1 teaspoon salt
- 1 cup pkt spinach (remove stems)
- 1 tablespoon thyme leaves dry finely chopped

Equipment

- food processor
- frying pan
- grill

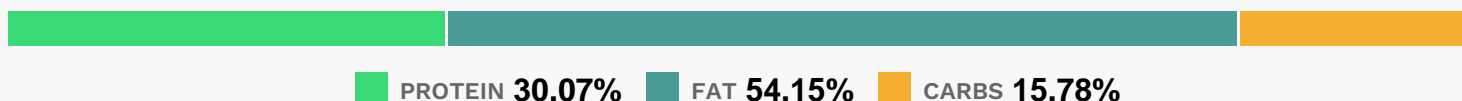
Directions

- Mix first 8 ingredients together thoroughly then add salt & pepper and olive oil. Form 8 thin patties with the meat mixture.
- Cut mozzarella into 1/4 inch pieces. On top of one patty, scatter 4–5 mozzarella pieces throughout the center of the meat leaving a little space between each cube. Be careful not to put cheese too close to the edges or it will leak out during grilling.
- Place another patty on top and seal edges together until cheese is completely buried.
- Cut off the top of the red bell pepper and remove seeds and core. Then slice into 1/4 rings and brush lightly with olive oil. Pesto Sauce: In a dry frying pan, quickly toast the pine nuts. Should take less than 3 minutes. In a food processor, pulse basil leaves, toasted pine nuts and

salt & pepper. simultaneously adding olive oil through the feed tube. Once good puree is achieved, add the mayo and pulse 2-3 more times, scraping sides to make sure its thoroughly mixed. Cook burgers meat over low to medium heat. Be sure to coat grill with non-stick spray. Cook about 8-10 minutes on each side. Try not to flip the burger too often as it tends to crumble. If the mozzarella starts to ooze out, don't worry... that's a sign that your burger is almost done.

- Place red pepper rings on the upper or outer edges of grill. Cook 2-3 minutes on each side.
- Brush olive oil on the insides of both halves of the sourdough buns and also place on the upper or outer edges of grill.
- Remove when lightly toasted.
- Spread pesto sauce on top & bottom bun. place spinach leaves on bottom bun and place meat on top of spinach leaves.
- Garnish top of meat with grilled red bell pepper, fold the halves together and you have La Bella Burger!

Nutrition Facts



Properties

Glycemic Index:156.75, Glycemic Load:14.13, Inflammation Score:-10, Nutrition Score:51.306086956522%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Taste

Sweetness: 21.35%, Saltiness: 100%, Sourness: 14.64%, Bitterness: 9.46%, Savoriness: 58.7%, Fattiness: 73.82%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 848.51kcal (42.43%), Fat: 51.47g (79.19%), Saturated Fat: 15.72g (98.26%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 29.63g (10.78%), Sugar: 9.01g (10.01%), Cholesterol: 209.65mg (69.88%), Sodium: 2452.17mg (106.62%), Protein: 64.32g (128.63%), Vitamin K: 167.87µg (159.88%), Selenium: 75.6µg (107.99%), Vitamin C:

83.14mg (100.78%), Vitamin B3: 17.93mg (89.67%), Iron: 16.02mg (88.98%), Vitamin B6: 1.66mg (83.02%), Phosphorus: 794.99mg (79.5%), Vitamin A: 3659.94IU (73.2%), Manganese: 1.32mg (66.18%), Zinc: 7.26mg (48.38%), Calcium: 468.79mg (46.88%), Vitamin B2: 0.74mg (43.63%), Vitamin B12: 2.55µg (42.45%), Magnesium: 128.84mg (32.21%), Vitamin B1: 0.46mg (30.79%), Vitamin E: 4.57mg (30.45%), Folate: 118.53µg (29.63%), Potassium: 916.37mg (26.18%), Vitamin B5: 2.36mg (23.6%), Copper: 0.46mg (22.79%), Fiber: 4.11g (16.45%), Vitamin D: 0.91µg (6.05%)