



Lemon & thyme turkey burgers



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 onion finely chopped
- ☐ 500 g turkey minced
- ☐ 1 lemon zest
- ☐ 2 tsp thyme sprigs dried fresh
- ☐ 2 tbsp parsley chopped
- ☐ 4 bacon thin
- ☐ 1 leaves tomato sauce sliced

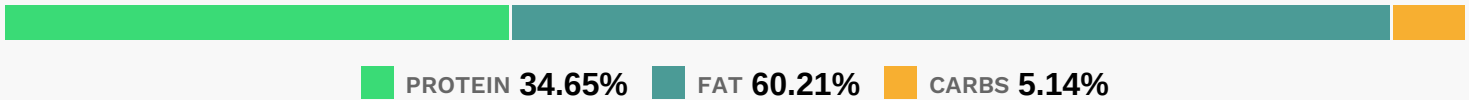
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Heat the oil in a small pan, add the onion, fry for a few mins until lightly browned and soft, then cool.
- ☐ Mix the turkey with the lemon zest, thyme, parsley, onion and seasoning until well combined.
- ☐ Shape the mixture into 4 burgers and wrap a rasher of bacon around each. Put in a roasting tin, bake for 20–25 mins, then pan-fry for a few mins on each side to crisp up the bacon.
- ☐ Serve in a bun with lettuce, sliced tomato, tomato sauce and vegetable chips (recipe below).

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:12.193913045137%

Flavonoids

Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 260.67kcal (13.03%), Fat: 17.29g (26.6%), Saturated Fat: 4.58g (28.65%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.57g (0.94%), Sugar: 1.31g (1.45%), Cholesterol: 78.42mg (26.14%), Sodium: 248.51mg (10.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.78%), Vitamin B3: 7.73mg (38.65%), Selenium: 23.48µg (33.54%), Vitamin B6: 0.63mg (31.45%), Vitamin K: 31.47µg (29.97%), Phosphorus: 203.84mg (20.38%), Vitamin B12: 1.19µg (19.88%), Zinc: 1.92mg (12.79%), Vitamin B2: 0.19mg (11.44%), Vitamin E: 1.64mg (10.93%), Vitamin B5: 0.89mg (8.9%), Vitamin C: 7.15mg (8.67%), Potassium: 298.61mg (8.53%), Vitamin B1: 0.12mg (7.92%), Magnesium: 29.43mg (7.36%), Iron: 1.11mg (6.18%), Vitamin A: 239.28IU (4.79%), Copper: 0.09mg (4.75%), Folate:

14.72µg (3.68%), Fiber: 0.75g (3%), Manganese: 0.06mg (2.94%), Vitamin D: 0.35µg (2.36%), Calcium: 23.47mg (2.35%)