



Maria Menounos' Mykonos Burger

READY IN



23 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 1.8 ounces feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 4 hamburger buns whole-wheat toasted
- ☐ 1 pound pd of ground turkey lean
- ☐ 4 slices onion red 1/
- ☐ 0.5 teaspoon salt

☐ 1 tablespoon worcestershire sauce

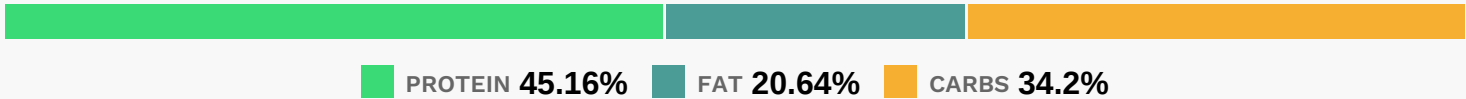
Equipment

- ☐ bowl
- ☐ ice cream scoop

Directions

- ☐ In a medium bowl, mix first 8 ingredients (through feta). Use an ice cream scoop or 1/2-cup measure to make equal-size patties.
- ☐ Broil for 56 minutes on each side or until done.
- ☐ Place burger on bottom half of bun. Top with onion slices and a Dijon-and-ketchup mixture (a trick for cutting sugar from your diet), if desired; garnish with parsley, if desired. Cover with top half of bun.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:13.41, Inflammation Score:-6, Nutrition Score:22.387826095457%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 294.99kcal (14.75%), Fat: 6.75g (10.39%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 23.71g (8.62%), Sugar: 4.26g (4.73%), Cholesterol: 73.41mg (24.47%), Sodium: 802.49mg (34.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.25g (66.51%), Vitamin K: 85.06µg (81.01%), Vitamin B3: 13.07mg (65.34%), Selenium: 40.1µg (57.28%), Vitamin B6: 1.08mg (54.13%), Phosphorus: 358.35mg (35.83%), Vitamin B1: 0.35mg (23.05%), Vitamin B2: 0.37mg (21.73%), Zinc: 2.79mg (18.62%), Iron: 3.11mg (17.29%), Manganese: 0.34mg (17.1%), Folate: 64.56µg (16.14%), Vitamin B12: 0.87µg (14.57%), Calcium: 145.64mg (14.56%), Potassium: 491.96mg (14.06%), Magnesium: 52.32mg (13.08%), Vitamin B5: 1.17mg (11.74%), Vitamin C: 8.82mg

(10.69%), Vitamin A: 510.67IU (10.21%), Copper: 0.15mg (7.4%), Fiber: 1.47g (5.87%), Vitamin D: 0.5µg (3.35%),
Vitamin E: 0.28mg (1.87%)