



Mini Black Jack Burgers

READY IN



30 min.

SERVINGS



12

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 1 teaspoon cayenne pepper
- 1 teaspoon dijon mustard
- 12 dinner rolls split soft
- 1 teaspoon garlic powder
- 1.5 pounds pd of ground turkey
- 0.5 juice of lemon
- 2 tablespoons catsup
- 12 servings kosher salt and cracked pepper black

- 0.3 cup mayonnaise
- 0.5 cup monterrey jack cheese shredded
- 12 servings olive oil for cooking
- 1 teaspoon onion powder
- 1 teaspoon pickled relish
- 2 roma tomatoes sliced
- 1.5 teaspoons salt
- 1 teaspoon sriracha
- 1 dash worcestershire sauce
- 1 tablespoon mustard yellow

Equipment

- bowl
- frying pan
- whisk
- mixing bowl
- kitchen towels

Directions

- Watch how to make this recipe.
- Heat a large cast-iron griddle over medium-high heat.
- Add the ground turkey to a large mixing bowl and sprinkle lightly with salt and pepper. Stir in the cheese, mustard and Worcestershire sauce and mix until combined. Form the meat mixture into 12 equal patties.
- Sprinkle both sides of the patties with the Blackening Spice.
- Brush the griddle with some olive oil using a clean tea towel. Cook the burgers for 3 to 4 minutes per side.
- Serve on split rolls topped with the tomatoes and Special Sauce.
- Whisk together the salt, black pepper, cayenne pepper, garlic powder and onion powder, and transfer to a small plate.

Combine the mayonnaise, ketchup, mustard, Sriracha, relish and lemon juice in a bowl.

Nutrition Facts

PROTEIN 20.24% **FAT 56.08%** **CARBS 23.68%**

Properties

Glycemic Index:20.67, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:13.418260657269%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 362.41kcal (18.12%), Fat: 22.86g (35.16%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 19.71g (7.17%), Sugar: 1.68g (1.87%), Cholesterol: 37.33mg (12.44%), Sodium: 849.47mg (36.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.13%), Selenium: 28.21µg (40.3%), Vitamin B3: 7.39mg (36.94%), Vitamin B6: 0.55mg (27.38%), Manganese: 0.51mg (25.4%), Phosphorus: 202.95mg (20.3%), Vitamin K: 18.79µg (17.9%), Vitamin E: 2.53mg (16.87%), Vitamin B1: 0.23mg (15.53%), Iron: 2.22mg (12.36%), Vitamin B2: 0.21mg (12.15%), Calcium: 118.22mg (11.82%), Zinc: 1.59mg (10.6%), Magnesium: 36.75mg (9.19%), Folate: 34.14µg (8.54%), Fiber: 2.01g (8.02%), Potassium: 270.06mg (7.72%), Vitamin B5: 0.7mg (6.98%), Copper: 0.12mg (5.83%), Vitamin B12: 0.33µg (5.56%), Vitamin A: 225IU (4.5%), Vitamin C: 2.45mg (2.97%), Vitamin D: 0.26µg (1.76%)