



Mini Turkey Burgers

READY IN



22 min.

SERVINGS



4

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz cracker-size cheddar cheese
- ☐ 12 square dinner rolls split warmed
- ☐ 4 leaves green-leaf lettuce
- ☐ 1.3 pounds pd of ground turkey 93% lean ()
- ☐ 0.5 tablespoon olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 1 small onion red finely chopped
- ☐ 0.3 teaspoon salt

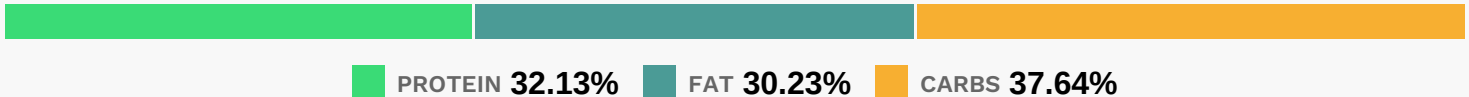
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook onion in olive oil in heavy skillet over medium heat, stirring, until softened, about 5 minutes.
- ☐ Transfer onion to a bowl.
- ☐ Remove pan from heat and set aside.
- ☐ Break up turkey, crumbling meat into bowl with onion.
- ☐ Sprinkle salt and pepper on top, then gently toss meat and onion together to blend. Form turkey mixture into twelve 2-inch patties, about 1/2 inch thick.
- ☐ Arrange open rolls on a platter and top each bottom with a lettuce leaf.
- ☐ Heat skillet used for onion over medium heat until hot.
- ☐ Add 6 burgers and cook for 3 minutes. Turn burgers over, place a slice of cheese on top, cover, and cook for about 3 minutes more, until burgers are cooked through. Put burgers on lettuce-lined roll bottoms, followed by roll tops. Repeat with remaining burgers.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.76, Inflammation Score:-9, Nutrition Score:35.393913206847%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 665.98kcal (33.3%), Fat: 22.52g (34.64%), Saturated Fat: 8.37g (52.32%), Carbohydrates: 63.06g (21.02%), Net Carbohydrates: 57.48g (20.9%), Sugar: 3.48g (3.86%), Cholesterol: 111.51mg (37.17%), Sodium: 1089.03mg (47.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.84g (107.69%), Selenium: 84.24µg (120.34%), Vitamin B3: 20.03mg (100.15%), Vitamin B6: 1.46mg (72.98%), Manganese: 1.41mg (70.58%), Phosphorus: 619.5mg (61.95%), Vitamin B1: 0.68mg (45.56%), Calcium: 443.94mg (44.39%), Vitamin B2: 0.66mg (38.53%), Iron: 5.99mg (33.27%), Zinc: 4.94mg (32.91%), Vitamin A: 1396.48IU (27.93%), Folate: 106.19µg (26.55%), Magnesium: 102.69mg (25.67%), Vitamin K: 23.7µg (22.57%), Fiber: 5.57g (22.3%), Vitamin B5: 1.97mg (19.71%), Potassium: 685.37mg (19.58%), Vitamin B12: 1.07µg (17.86%), Copper: 0.31mg (15.32%), Vitamin E: 1.07mg (7.15%), Vitamin D: 0.77µg (5.17%), Vitamin C: 3.37mg (4.08%)