



Mini Turkey Burgers with Gorgonzola

READY IN



45 min.

SERVINGS



12

CALORIES



89 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 curly kale leaves
- ☐ 1 ounce dinner rolls
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 ounces gorgonzola crumbled
- ☐ 1.3 pounds pd of ground turkey
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 tablespoons toppings: such as pickles sweet minced (2 small)

- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ ziploc bags

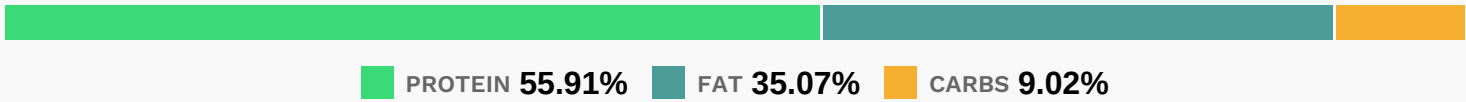
Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Add cheese, stirring with a fork just until combined. Divide turkey mixture into 12 equal portions, shaping each into a 1/4-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 4 patties; cook 2 minutes. Carefully turn patties over; cook 2 minutes or until done.
- ☐ Place patties on a large baking sheet in a single layer. Repeat procedure with remaining patties. Cool patties to room temperature. Cover with plastic wrap; freeze until firm.
- ☐ Place in a single layer in zip-top plastic bags; freeze up to 3 months.
- ☐ Thaw patties overnight in refrigerator.
- ☐ Preheat oven to 40
- ☐ Coat a large baking sheet with cooking spray.
- ☐ Place patties on baking sheet in a single layer; cover with foil.
- ☐ Bake 10 minutes or until thoroughly heated. Keep warm.
- ☐ Combine mayonnaise, pickle, and 1/8 teaspoon pepper in a small bowl.
- ☐ Cut rolls in half horizontally.
- ☐ Spread about 1 teaspoon mayonnaise mixture on bottom half of each roll; top each with 1 turkey patty and 1 piece lettuce. Cover with tops of rolls.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:6.5856521414674%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 89.11kcal (4.46%), Fat: 3.49g (5.36%), Saturated Fat: 1.31g (8.22%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.78g (0.65%), Sugar: 0.32g (0.36%), Cholesterol: 30.28mg (10.09%), Sodium: 199.88mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.01%), Vitamin B3: 4.76mg (23.82%), Vitamin B6: 0.42mg (21.21%), Selenium: 12.1µg (17.29%), Phosphorus: 131.81mg (13.18%), Vitamin A: 592.84IU (11.86%), Vitamin K: 12.34µg (11.75%), Zinc: 1mg (6.68%), Vitamin B5: 0.52mg (5.22%), Potassium: 174.8mg (4.99%), Vitamin B12: 0.3µg (4.98%), Vitamin B2: 0.08mg (4.8%), Magnesium: 17.05mg (4.26%), Calcium: 35.15mg (3.51%), Vitamin B1: 0.05mg (3.21%), Iron: 0.55mg (3.06%), Manganese: 0.06mg (2.82%), Folate: 10.1µg (2.53%), Copper: 0.04mg (1.9%), Vitamin D: 0.21µg (1.42%), Vitamin E: 0.18mg (1.17%)