



Moist Spicy Turkey Burgers

 Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bread crumbs dry
- 1 eggs
- 2 cloves garlic minced
- 1 green onion chopped
- 1 pound pd of ground turkey
- 1 onion finely chopped
- 2 tablespoons parsley paste
- 1 tablespoon pepper sauce hot tabasco® (such as)

- 0.5 teaspoon salt
- 1.5 tablespoons worcestershire sauce

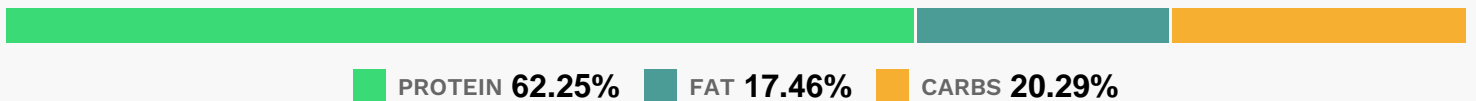
Equipment

- bowl
- oven
- plastic wrap
- baking pan
- kitchen thermometer

Directions

- Mix ground turkey, bread crumbs, onion, green onion, egg, garlic, parsley paste, Worcestershire sauce, hot pepper sauce, and salt together in a bowl. Cover bowl with plastic wrap. Refrigerate at least 1 hour.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.
- Form turkey mixture into 4 patties; arrange in a baking dish.
- Bake turkey burgers in the oven until no longer pink in the center and the juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:16.319130332574%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 189.58kcal (9.48%), Fat: 3.68g (5.67%), Saturated Fat: 1g (6.22%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 8.67g (3.15%), Sugar: 2.41g (2.67%), Cholesterol: 103.29mg (34.43%), Sodium: 585.28mg (25.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.54g (59.09%), Vitamin B3: 11.6mg (58.01%), Vitamin B6: 1.06mg (52.95%), Selenium: 30.54µg (43.63%), Vitamin K: 39.77µg (37.87%), Phosphorus: 307.05mg (30.71%), Zinc: 2.35mg (15.66%), Potassium: 484.2mg (13.83%), Vitamin B2: 0.22mg (13%), Vitamin B5: 1.26mg (12.6%), Vitamin B12: 0.7µg (11.66%), Iron: 2mg (11.11%), Vitamin B1: 0.16mg (10.98%), Vitamin C: 8.99mg (10.89%), Magnesium: 42.83mg (10.71%), Folate: 32.4µg (8.1%), Manganese: 0.14mg (7.14%), Copper: 0.13mg (6.27%), Vitamin A: 297.13IU (5.94%), Vitamin D: 0.67µg (4.49%), Calcium: 43.14mg (4.31%), Fiber: 0.96g (3.83%), Vitamin E: 0.25mg (1.65%)