



Moist Turkey Burgers

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons dijon mustard
- ☐ 4 cloves garlic finely chopped
- ☐ 1 teaspoon ground mustard
- ☐ 1 teaspoon ground pepper black
- ☐ 3.5 pounds pd of ground turkey lean
- ☐ 3.5 teaspoons olive oil
- ☐ 2.3 cups onions finely chopped
- ☐ 1.8 teaspoons poultry seasoning

- ☐ 1 pinch salt
- ☐ 1 slice bread whole wheat chopped
- ☐ 4 teaspoons worcestershire sauce

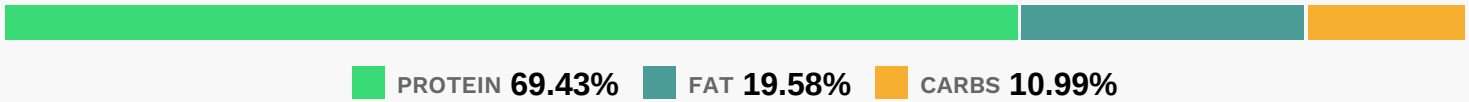
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ kitchen thermometer

Directions

- ☐ Heat olive oil in a small skillet over medium heat. Cook and stir onions in the hot oil until tender and lightly browned, about 15 minutes; transfer to a large bowl.
- ☐ Mix bread crumbs, Worcestershire sauce, Dijon mustard, garlic, poultry seasoning, ground mustard, pepper, and salt with the onion. Break the turkey into small pieces into the bowl; mix with the bread crumb mixture until evenly combined. Shape the turkey mixture into 12 patties; wrap in plastic wrap and refrigerate at least 20 minutes.
- ☐ Coat a nonstick skillet with cooking spray; heat over medium heat.
- ☐ Cook the patties in the hot skillet until no longer pink in the center and the juices run clear, 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:15.89, Glycemic Load:1.36, Inflammation Score:-4, Nutrition Score:14.318261081758%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg

Nutrients (% of daily need)

Calories: 183.19kcal (9.16%), Fat: 4.02g (6.18%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 4.2g (1.53%), Sugar: 1.68g (1.87%), Cholesterol: 72.76mg (24.25%), Sodium: 129.4mg (5.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.09%), Vitamin B3: 13.03mg (65.16%), Vitamin B6: 1.19mg (59.74%), Selenium: 31.16µg (44.52%), Phosphorus: 321.18mg (32.12%), Zinc: 2.47mg (16.47%), Potassium: 469.81mg (13.42%), Vitamin B5: 1.23mg (12.34%), Magnesium: 46.24mg (11.56%), Vitamin B12: 0.67µg (11.25%), Vitamin B2: 0.16mg (9.26%), Manganese: 0.17mg (8.39%), Iron: 1.44mg (7.99%), Vitamin B1: 0.11mg (7.65%), Copper: 0.11mg (5.41%), Folate: 18.5µg (4.62%), Vitamin C: 2.93mg (3.55%), Vitamin K: 3.7µg (3.53%), Vitamin D: 0.53µg (3.53%), Fiber: 0.87g (3.46%), Calcium: 24.16mg (2.42%), Vitamin E: 0.3mg (2.02%)