



Moroccan Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon cumin seeds
- ☐ 4 curly kale leaves
- ☐ 0.3 cup currants dried
- ☐ 0.3 cup olives green pitted chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 pound pd of ground turkey
- ☐ 8 ounce hamburger buns toasted

- ☐ 0.3 cup catsup
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 cup onion chopped
- ☐ 1 inch tomatoes

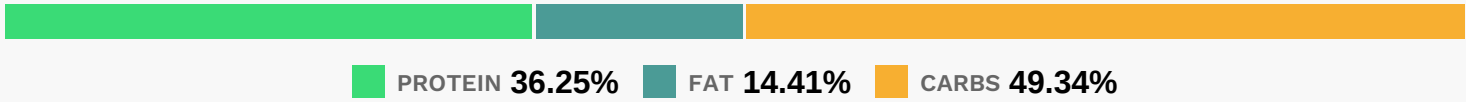
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 9 ingredients in a bowl. Divide turkey mixture into 4 equal portions, shaping each into a 1-inch-thick patty.
- ☐ Place a large nonstick skillet over medium heat until hot.
- ☐ Add patties; cook 6 minutes on each side or until no longer pink. Arrange lettuce leaves and tomato slices over bottom halves of rolls; top with patties and remaining halves of roll.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:19.46, Inflammation Score:-8, Nutrition Score:22.02347805189%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg

Nutrients (% of daily need)

Calories: 364.6kcal (18.23%), Fat: 5.94g (9.14%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 45.76g (15.25%), Net Carbohydrates: 42.94g (15.61%), Sugar: 15.9g (17.67%), Cholesterol: 62.37mg (20.79%), Sodium: 661.41mg (28.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.62g (67.24%), Vitamin B3: 13.96mg (69.81%), Selenium: 41.09µg (58.69%), Vitamin B6: 1.13mg (56.67%), Phosphorus: 347.82mg (34.78%), Vitamin B1: 0.43mg (28.59%),

Manganese: 0.52mg (25.87%), Vitamin A: 1258.37IU (25.17%), Vitamin K: 22.39µg (21.32%), Vitamin B2: 0.36mg (21.1%), Iron: 3.66mg (20.34%), Folate: 78.66µg (19.67%), Potassium: 632.52mg (18.07%), Zinc: 2.6mg (17.36%), Magnesium: 60.74mg (15.18%), Calcium: 121.69mg (12.17%), Vitamin B12: 0.69µg (11.53%), Fiber: 2.82g (11.28%), Vitamin B5: 1.09mg (10.85%), Copper: 0.21mg (10.39%), Vitamin C: 7.05mg (8.54%), Vitamin E: 0.92mg (6.14%), Vitamin D: 0.45µg (3.02%)