



Muffuletta Burgers

READY IN



180 min.

SERVINGS



6

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 pounds ground turkey breast lean
- ☐ 6 servings hamburger buns homemade
- ☐ 2 tablespoons dressing italian
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup mayonnaise
- ☐ 16 oz pickled vegetables mixed drained
- ☐ 0.5 cup pimiento-stuffed olives spanish chopped
- ☐ 1 slices toppings: salami

☐ 1 teaspoon salt

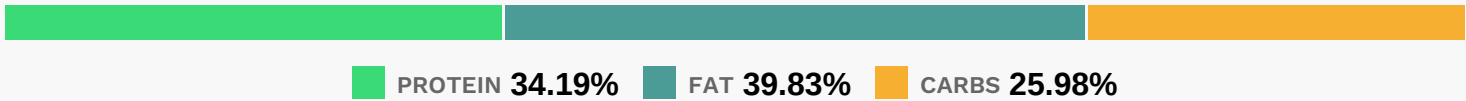
Equipment

- ☐ food processor
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Combine first 5 ingredients gently. Stir olives into meat mixture. Shape mixture into 6 (5-inch) patties.
- ☐ Grill, covered with grill lid, 6 to 7 minutes on each side or until a meat thermometer inserted into thickest portion registers 17
- ☐ Pulse pickled vegetables and Italian dressing in a food processor until coarsely chopped.
- ☐ Serve burgers on Homemade Hamburger Buns. Top each burger with vegetable mixture and salami, ham, and provolone cheese slices.
- ☐ Note: We tested with Mezzetta Italian
- ☐ Mix Giardiniera pickled vegetables.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:16.19, Inflammation Score:-10, Nutrition Score:30.42391285689%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 504.31kcal (25.22%), Fat: 22.55g (34.7%), Saturated Fat: 4.27g (26.67%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 28.81g (10.48%), Sugar: 3.85g (4.28%), Cholesterol: 93.18mg (31.06%), Sodium: 1077.46mg (46.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.56g (87.12%), Vitamin B3: 17.49mg (87.47%), Vitamin A: 4173.79IU (83.48%), Vitamin K: 76.33µg (72.7%), Vitamin B6: 1.41mg (70.43%), Selenium: 46.5µg (66.43%), Phosphorus: 453.52mg (45.35%), Vitamin B1: 0.43mg (28.51%), Zinc: 3.48mg (23.21%), Manganese: 0.44mg (21.97%), Vitamin B2: 0.37mg (21.64%), Iron: 3.64mg (20.23%), Folate: 79.87µg (19.97%), Potassium: 689.97mg (19.71%), Magnesium: 75.74mg (18.93%), Fiber: 4.29g (17.15%), Vitamin B12: 0.93µg (15.43%), Vitamin B5: 1.51mg (15.15%), Vitamin C: 12.19mg (14.78%), Calcium: 121.38mg (12.14%), Copper: 0.23mg (11.4%), Vitamin E: 1.39mg (9.28%), Vitamin D: 0.66µg (4.39%)