



Mushroom Blue Cheese Turkey Burgers

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup cheese blue crumbled
- 8 ounces mushrooms fresh finely chopped
- 1 pound pd of ground turkey
- 0.5 teaspoon kosher salt
- 1 onion finely chopped
- 2 tablespoons soya sauce

Equipment

bowl

grill

Directions

Preheat grill for high heat.

In a medium bowl, mix together the ground turkey, mushrooms, onion, and soy sauce. Season with kosher salt and pepper. Form into 4 burger patties.

Lightly oil the grill grate.

Place patties on the prepared grill, and cook for 10 minutes per side, or until well done. Top with blue cheese during the last few minutes.

Nutrition Facts

PROTEIN 66.15% **FAT 22.96%** **CARBS 10.89%**

Properties

Glycemic Index:33.25, Glycemic Load:1.11, Inflammation Score:-4, Nutrition Score:16.168260921603%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 185.98kcal (9.3%), Fat: 4.87g (7.49%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.06g (1.48%), Sugar: 2.48g (2.76%), Cholesterol: 68.7mg (22.9%), Sodium: 952.25mg (41.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.09%), Vitamin B3: 13.53mg (67.65%), Vitamin B6: 1.1mg (54.81%), Selenium: 31.77µg (45.39%), Phosphorus: 358.7mg (35.87%), Vitamin B2: 0.4mg (23.56%), Vitamin B5: 2.06mg (20.62%), Zinc: 2.6mg (17.35%), Potassium: 597.38mg (17.07%), Copper: 0.27mg (13.71%), Vitamin B12: 0.7µg (11.73%), Magnesium: 46.5mg (11.63%), Vitamin B1: 0.14mg (9.12%), Iron: 1.47mg (8.16%), Folate: 28.61µg (7.15%), Manganese: 0.13mg (6.56%), Calcium: 58.51mg (5.85%), Fiber: 1.14g (4.55%), Vitamin D: 0.61µg (4.06%), Vitamin C: 3.23mg (3.91%), Vitamin A: 93.96IU (1.88%)