



Mushroom Turkey Burgers

 Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp butter
- 1 cup mushrooms fresh sliced
- 1 Tbsp parsley fresh chopped
- 16 oz pd of ground turkey frozen thawed
- 4 hamburger buns split
- 1 tsp onion salt
- 1 Tbsp lea & perrins worcestershire sauce

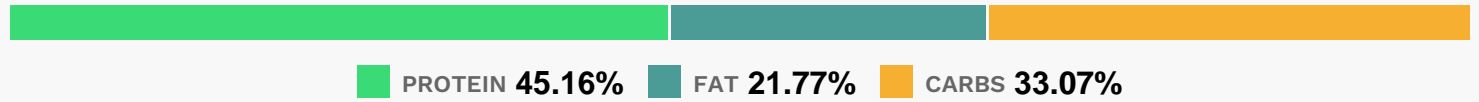
Equipment

- bowl
- frying pan

Directions

- Mix turkey, parsley, Worcestershire sauce and onion salt in large bowl. Shape into 4 (4-inch) patties; set aside.
- Melt butter in large skillet on medium heat.
- Add mushrooms; cook and stir 2 to 3 minutes or until tender.
- Remove mushrooms from skillet; cover to keep warm.
- Add patties to skillet; cook on medium heat 12 to 14 minutes or until cooked through, turning occasionally.
- Serve in buns; top with mushrooms.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:13.06, Inflammation Score:-5, Nutrition Score:17.909565324369%

Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

Nutrients (% of daily need)

Calories: 281.04kcal (14.05%), Fat: 6.8g (10.46%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 22.19g (8.07%), Sugar: 4.04g (4.49%), Cholesterol: 62.37mg (20.79%), Sodium: 941.61mg (40.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.73g (63.46%), Vitamin B3: 13.72mg (68.58%), Selenium: 39.01µg (55.73%), Vitamin B6: 1.02mg (51.25%), Phosphorus: 325.39mg (32.54%), Vitamin B1: 0.33mg (21.83%), Vitamin B2: 0.35mg (20.65%), Vitamin K: 17.69µg (16.84%), Zinc: 2.45mg (16.36%), Iron: 2.76mg (15.32%), Potassium: 504.16mg (14.4%), Folate: 55.39µg (13.85%), Vitamin B5: 1.36mg (13.64%), Manganese: 0.26mg (12.94%), Magnesium: 46.08mg (11.52%), Vitamin B12: 0.68µg (11.29%), Copper: 0.2mg (9.97%), Calcium: 73.31mg (7.33%), Vitamin A: 237.36IU (4.75%), Fiber: 1.05g (4.18%), Vitamin C: 2.89mg (3.5%), Vitamin D: 0.5µg (3.34%), Vitamin E: 0.32mg (2.11%)