



New England Turkey Burger

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup ale
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 ounces cheddar cheese white shaved reduced-fat
- ☐ 1 pound pd of ground turkey
- ☐ 6 ounce hawaiian rolls toasted
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 small curly kale leaves green
- ☐ 4 teaspoons mayonnaise
- ☐ 1 tablespoon olive oil

- ☐ 2 cups onion thinly sliced
- ☐ 1 inch tomatoes
- ☐ 2 teaspoons coarse mustard

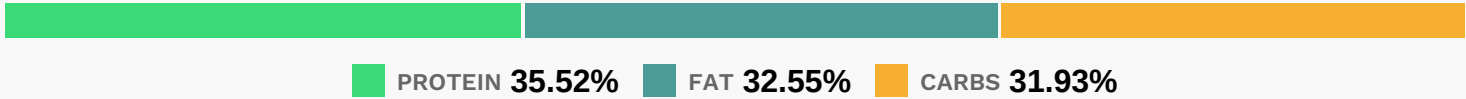
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat a large skillet over medium heat.
- ☐ Add oil; swirl.
- ☐ Add onion; cook 7 minutes or until tender, stirring occasionally.
- ☐ Add beer; bring to a boil over medium-high heat. Reduce heat. Simmer 20 minutes or until onion is golden and liquid almost evaporates; stir occasionally. Cool.
- ☐ Preheat grill to medium-high heat.
- ☐ Remove 1/4 cup onion mixture from pan; finely chop.
- ☐ Combine chopped onion mixture and turkey. Divide mixture into 4 equal portions; gently shape each into a 1/2-inch-thick patty. Press a nickel-sized indentation in center of each patty.
- ☐ Sprinkle with salt and pepper.
- ☐ Place patties on grill rack coated with cooking spray; grill 5 minutes. Turn patties; grill 3 minutes. Top with cheese; grill 1 minute or until cheese melts and turkey is done.
- ☐ Combine mayonnaise and mustard.
- ☐ Spread 1 1/2 teaspoons mayonnaise mixture on bottom half of each bun; top each with 1 lettuce leaf, 1 tomato slice, and 1 patty. Divide onion mixture evenly among servings; top with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:77.13, Glycemic Load:15.13, Inflammation Score:-8, Nutrition Score:21.790869588437%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.86mg, Quercetin: 16.86mg, Quercetin: 16.86mg, Quercetin: 16.86mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 402.32kcal (20.12%), Fat: 14.17g (21.8%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 31.28g (10.43%), Net Carbohydrates: 28.82g (10.48%), Sugar: 6.71g (7.46%), Cholesterol: 74.68mg (24.89%), Sodium: 544.83mg (23.69%), Alcohol: 1.73g (100%), Alcohol %: 0.69% (100%), Protein: 34.8g (69.61%), Vitamin B3: 13.19mg (65.93%), Selenium: 41.34µg (59.05%), Vitamin B6: 1.14mg (56.91%), Phosphorus: 386.54mg (38.65%), Vitamin K: 29.81µg (28.39%), Vitamin A: 1220.97IU (24.42%), Vitamin B1: 0.36mg (23.93%), Manganese: 0.41mg (20.69%), Vitamin B2: 0.34mg (19.96%), Zinc: 2.89mg (19.25%), Folate: 75.13µg (18.78%), Calcium: 167.83mg (16.78%), Potassium: 559.25mg (15.98%), Iron: 2.73mg (15.18%), Magnesium: 59.6mg (14.9%), Vitamin B12: 0.79µg (13.16%), Vitamin B5: 1.19mg (11.94%), Fiber: 2.46g (9.84%), Vitamin C: 7.9mg (9.58%), Copper: 0.16mg (7.9%), Vitamin E: 0.97mg (6.47%), Vitamin D: 0.53µg (3.5%)