



 **36%**  
HEALTH SCORE

# Oaxacan Turkey Burgers With Chipotle Salsa

 Dairy Free

READY IN



1 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 teaspoons chiles in adobo sauce
- 1 teaspoon ancho chili powder dried pure
- 0.5 teaspoon brown sugar
- 0.5 teaspoon brown sugar
- 3 chipotles in adobo canned seeded finely chopped
- 3 tablespoons cilantro leaves finely chopped
- 4 servings coarse salt
- 4 muffins english toasted

- 2.5 tablespoons cilantro leaves fresh finely chopped
- 1 garlic clove minced
- 5 large garlic clove
- 1 pinch ground cinnamon
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.5 teaspoon pepper fresh
- 1.5 lbs pd of ground turkey at room temperature
- 0.5 haas avocados ripe sliced
- 1 teaspoon kosher salt
- 0.3 large onion
- 4 plum tomatoes
- 3 tablespoons pumpkin seeds shelled toasted (pepitas)
- 1 spring onion finely chopped
- 6 small tomatillos husked
- 4 servings vegetable oil for brushing

## Equipment

- food processor
- frying pan
- mixing bowl
- blender
- grill

## Directions

- Chipotle Salsa:
- Heat a thick cast iron skillet until very hot and add tomatillos, garlic, tomatoes and onion and cook over low heat. Frequently flip until blackened in small areas and soft, about 10 minutes.
- Place on plate and set aside to cool.

- Put the tomatillos, garlic, tomatoes and onion in a blender or food processor and pulse until coarsely chopped, be careful not to liquify.
- Add chipotles and adobo sauce, cilantro, salt and sugar and pulse one or two times until JUST mixed.Burgers:.
- Add turkey, cilantro, scallion, garlic, ancho powder, salt, pepper, cumin, coriander and cinnamon to a mixing bowl and gently knead. Form 4 patties about 3/4 inch thick and put on a saran wrapped plate.Light your grill and when it is heated brush grate with oil. Grill the burgers for 13 minutes, turning once, for medium. Briefly warm the english muffins and place a burger on the bottom slice; top with the avocado, pumpkin seeds and a helping of Chipotle Salsa. Top the burger and serve with the remaining salsa on the side.

## Nutrition Facts



### Properties

Glycemic Index:97, Glycemic Load:20.06, Inflammation Score:-8, Nutrition Score:32.03217388236%

### Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

### Nutrients (% of daily need)

Calories: 591.28kcal (29.56%), Fat: 27.1g (41.7%), Saturated Fat: 4.49g (28.05%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 33.9g (12.33%), Sugar: 6.24g (6.93%), Cholesterol: 93.55mg (31.18%), Sodium: 1572.11mg (68.35%), Alcohol: 0g (100%), Protein: 48.96g (97.93%), Vitamin B3: 19.68mg (98.42%), Vitamin B6: 1.72mg (85.91%), Phosphorus: 618.41mg (61.84%), Selenium: 39.64µg (56.63%), Vitamin K: 50.81µg (48.39%), Manganese: 0.9mg (44.91%), Magnesium: 136.44mg (34.11%), Potassium: 1112.58mg (31.79%), Zinc: 4.5mg (29.98%), Fiber: 7.28g (29.14%), Vitamin C: 20.21mg (24.49%), Vitamin B5: 2.34mg (23.41%), Iron: 3.94mg (21.88%), Copper: 0.43mg (21.66%), Vitamin B2: 0.36mg (21.08%), Vitamin B1: 0.31mg (20.76%), Folate: 76.89µg (19.22%), Vitamin E: 2.78mg (18.55%), Vitamin A: 881.6IU (17.63%), Vitamin B12: 0.89µg (14.84%), Calcium: 75.55mg (7.56%), Vitamin D: 0.68µg (4.54%)