



Over-the-Top Turkey Burgers

READY IN



20 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 burger buns
- ☐ 1 pound pd of ground turkey
- ☐ 1 haas avocado sliced
- ☐ 1 small jalapeño chile seeds removed, minced
- ☐ 4 servings salt and pepper
- ☐ 1 small shallots minced
- ☐ 8 slices swiss cheese
- ☐ 4 servings tomatoes

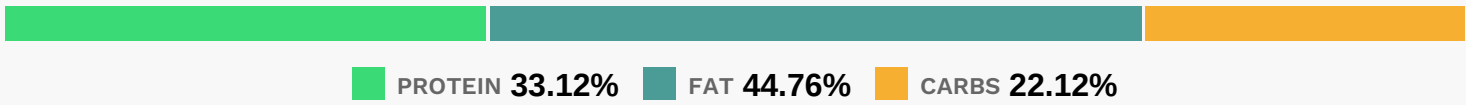
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a medium bowl, mix ground turkey, jalapeo and shallot until combined well. Divide mixture into 4 equal portions and shape into patties. Season patties with salt and pepper on both sides.
- ☐ Grill patties over medium heat, turning once, until cooked all the way through, about 4 minutes per side. Put buns, sliced side down, on grill to toast lightly.
- ☐ Assemble burgers on buns with cheese and avocado slices.
- ☐ Add fresh tomato, lettuce and onion and mustard, mayonnaise and ketchup, if desired.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:13.68, Inflammation Score:-6, Nutrition Score:25.503478216088%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 493.71kcal (24.69%), Fat: 24.83g (38.2%), Saturated Fat: 8.64g (54.03%), Carbohydrates: 27.62g (9.21%), Net Carbohydrates: 23.18g (8.43%), Sugar: 4.12g (4.58%), Cholesterol: 95.67mg (31.89%), Sodium: 556.72mg (24.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.34g (82.68%), Vitamin B3: 13.76mg (68.79%), Selenium: 47.37µg (67.68%), Vitamin B6: 1.19mg (59.42%), Phosphorus: 527.63mg (52.76%), Calcium: 377.12mg (37.71%), Vitamin B12: 1.7µg (28.27%), Zinc: 4.15mg (27.69%), Vitamin B2: 0.42mg (24.68%), Folate: 96.52µg (24.13%), Vitamin B1: 0.35mg (23.12%), Potassium: 685.23mg (19.58%), Vitamin K: 20.31µg (19.34%), Vitamin B5: 1.88mg (18.78%), Fiber: 4.44g (17.75%), Magnesium: 70.45mg (17.61%), Manganese: 0.34mg (17%), Iron: 2.76mg (15.35%), Vitamin C: 10.23mg (12.41%), Copper: 0.23mg (11.61%), Vitamin E: 1.7mg (11.32%), Vitamin A: 424.92IU

(8.5%), Vitamin D: 0.46µg (3.08%)