



Pat's Stuffed Turkey Burgers

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 beefsteak tomatoes sliced into 3/ rounds
- 2 tablespoons chili sauce hot (recommended: Sriracha)
- 2 teaspoons dijon mustard
- 2 cloves garlic finely chopped
- 1.5 pounds pd of ground turkey
- 0.5 juice of lime juiced
- 4 servings lettuce
- 0.5 cup mayonnaise

- 4 servings olive oil
- 4 large onion buns
- 8 slices pepper jack cheese
- 4 servings salt and pepper black freshly ground
- 1 teaspoon soya sauce
- 0.5 vidalia onion finely chopped

Equipment

- bowl
- mixing bowl
- wooden spoon
- grill

Directions

- Watch how to make this recipe.
- Preheat grill over medium-high heat.
- Add the garlic, onion, turkey, mustard, soy sauce, and salt and pepper, to taste, to a large mixing bowl.
- Mix well with a wooden spoon. Divide the turkey into 8 equal-sized balls and flatten them into patties.
- Lay 2 slices of cheese on 4 of the patties and cover each with another patty. Pinch the edges to seal the patties closed, so the cheese will not melt out.
- Season the tomatoes with salt and pepper, to taste, and brush with olive oil. Grill for 2 minutes per side.
- Remove from the grill to a plate. Toast the buns on the grill and set aside.
- Grill the burgers until cooked through, about 5 to 6 minutes per side.
- Transfer the burgers to the buns and top with Spicy Mayo Sauce, lettuce and grilled tomatoes.
- Combine all the ingredients in a small bowl.

Nutrition Facts

PROTEIN 27.8% FAT 58.94% CARBS 13.26%

Properties

Glycemic Index:70.75, Glycemic Load:4.79, Inflammation Score:-9, Nutrition Score:35.599565505981%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Quercetin: 38.26mg, Quercetin: 38.26mg, Quercetin: 38.26mg, Quercetin: 38.26mg

Nutrients (% of daily need)

Calories: 775.08kcal (38.75%), Fat: 51.59g (79.36%), Saturated Fat: 14.17g (88.59%), Carbohydrates: 26.11g (8.7%), Net Carbohydrates: 20.72g (7.54%), Sugar: 13.93g (15.48%), Cholesterol: 142.69mg (47.56%), Sodium: 751.43mg (32.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.75g (109.51%), Vitamin B6: 1.87mg (93.47%), Vitamin B3: 17.61mg (88.03%), Vitamin K: 84.65µg (80.61%), Phosphorus: 682.88mg (68.29%), Selenium: 46.54µg (66.48%), Calcium: 395.16mg (39.52%), Vitamin C: 30.03mg (36.4%), Potassium: 1183.13mg (33.8%), Zinc: 4.94mg (32.92%), Vitamin A: 1597.28IU (31.95%), Vitamin E: 3.98mg (26.56%), Vitamin B2: 0.45mg (26.26%), Manganese: 0.51mg (25.31%), Folate: 100.7µg (25.18%), Magnesium: 98.8mg (24.7%), Fiber: 5.38g (21.53%), Vitamin B12: 1.25µg (20.83%), Vitamin B5: 2.04mg (20.43%), Vitamin B1: 0.28mg (18.99%), Iron: 2.94mg (16.34%), Copper: 0.29mg (14.6%), Vitamin D: 0.99µg (6.59%)