



Perfect Turkey Burgers

READY IN



55 min.

SERVINGS



4

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings dijon mustard sliced for topping
- ☐ 4 muffins split english
- ☐ 1.3 pounds to ground turkey 85% 93% lean
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 3 tablespoons lightly parsley fresh packed
- ☐ 1 large portobello mushroom cap
- ☐ 1 tablespoon shallots coarsely chopped
- ☐ 8 slices cheddar cheese white thin

☐ 1 teaspoon worcestershire sauce

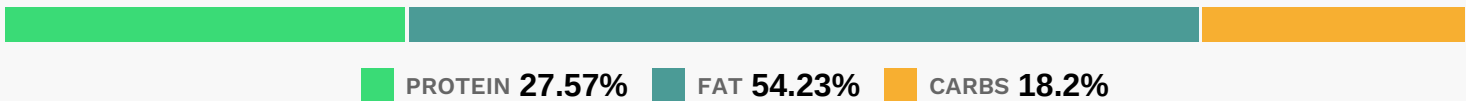
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Use a spoon to scrape out the gills from the underside of the mushroom cap.
- ☐ Cut the cap into 1-inch pieces and transfer to a food processor.
- ☐ Add the shallot and parsley and pulse until chopped.
- ☐ Transfer the mushroom mixture to a large bowl.
- ☐ Add the turkey, olive oil, Worcestershire sauce, 1 teaspoon salt, and pepper to taste; gently mix with your hands until just combined. Divide into 4 balls, then lightly press into 4-inch-wide, 1-inch-thick patties. Put on a large plate, cover and refrigerate until firm, about 30 minutes.
- ☐ Preheat a grill to medium.
- ☐ Brush the grates with olive oil. Grill the patties, undisturbed, until marked on the bottom, 4 to 5 minutes. Give the patties a quarter turn and cook until marked again, 4 to 5 more minutes. Flip the patties and grill until cooked through, 6 to 7 more minutes; top each with 2 slices cheese during the last 3 minutes of cooking and cover with a disposable aluminum pan to melt.
- ☐ Toast the English muffins on the grill, then spread with mustard and mayonnaise.
- ☐ Serve the patties on the English muffins; top with avocado.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:19.03, Inflammation Score:-7, Nutrition Score:26.285652056984%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 648.64kcal (32.43%), Fat: 39.16g (60.24%), Saturated Fat: 14.97g (93.57%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 27.36g (9.95%), Sugar: 1.15g (1.28%), Cholesterol: 160.89mg (53.63%), Sodium: 1000.83mg (43.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.79g (89.59%), Selenium: 48.43µg (69.18%), Phosphorus: 638.08mg (63.81%), Vitamin K: 54.87µg (52.26%), Vitamin B3: 9.63mg (48.13%), Calcium: 465.97mg (46.6%), Zinc: 6.23mg (41.53%), Vitamin B12: 2.33µg (38.8%), Vitamin B2: 0.63mg (37.23%), Vitamin B6: 0.61mg (30.26%), Vitamin B5: 2.18mg (21.77%), Vitamin A: 922.15IU (18.44%), Vitamin B1: 0.24mg (16.09%), Copper: 0.32mg (15.86%), Potassium: 540.73mg (15.45%), Magnesium: 61.48mg (15.37%), Iron: 2.74mg (15.2%), Folate: 54.53µg (13.63%), Manganese: 0.27mg (13.42%), Vitamin E: 1.63mg (10.87%), Fiber: 2.21g (8.82%), Vitamin D: 0.97µg (6.44%), Vitamin C: 4.46mg (5.41%)