



Pickled Onion-Chutney Burgers

 Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings coarse mustard whole blue
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 pounds pd of ground turkey lean
- ☐ 6 servings hawaiian rolls homemade
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup mango chutney
- ☐ 0.5 cup mayonnaise
- ☐ 6 servings onion red

- ☐ 2 tablespoons onion red finely chopped
- ☐ 1 teaspoon salt

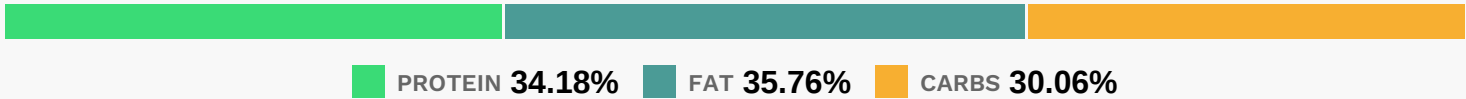
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Combine first 5 ingredients gently. Stir onion and mango chutney into meat mixture. Shape mixture into 6 (5-inch) patties.
- ☐ Grill, covered with grill lid, 6 to 7 minutes on each side or until a meat thermometer inserted into thickest portion registers 17
- ☐ Serve on Homemade Hamburger Buns. Top each burger with a small wedge of blue cheese, arugula, whole grain Dijon mustard, and Red Onion Relish.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:20.1, Inflammation Score:-6, Nutrition Score:23.493043526359%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 474.6kcal (23.73%), Fat: 18.8g (28.92%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 35.55g (11.85%), Net Carbohydrates: 34.16g (12.42%), Sugar: 12.69g (14.1%), Cholesterol: 91mg (30.33%), Sodium: 858.28mg (37.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.43g (80.85%), Vitamin B3: 16.55mg (82.75%), Vitamin K: 73.58µg (70.08%), Selenium: 47.65µg (68.06%), Vitamin B6: 1.34mg (66.98%), Phosphorus: 402.3mg

(40.23%), Vitamin B1: 0.35mg (23.06%), Zinc: 3.08mg (20.55%), Vitamin B2: 0.31mg (18.33%), Iron: 3.02mg (16.78%), Potassium: 545.06mg (15.57%), Folate: 60.54µg (15.14%), Magnesium: 58.82mg (14.71%), Vitamin B12: 0.88µg (14.66%), Manganese: 0.29mg (14.36%), Vitamin B5: 1.4mg (13.98%), Copper: 0.17mg (8.34%), Calcium: 80.01mg (8%), Vitamin C: 6.32mg (7.66%), Vitamin E: 0.89mg (5.97%), Fiber: 1.39g (5.55%), Vitamin A: 264.77IU (5.3%), Vitamin D: 0.64µg (4.28%)