



Quick-and-Easy Teriyaki Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon bottled ginger minced
- ☐ 4 curly kale leaves
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 teaspoons garlic powder
- ☐ 1 pound pd of ground turkey
- ☐ 6 ounce hawaiian rolls
- ☐ 3 tablespoons teriyaki sauce

- ☐ 1 large onion cut into 1/4-inch-thick slices (2 cups)
- ☐ 1 inch tomatoes
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a large bowl. Shape turkey mixture into 4 (1/2-inch-thick) patties.
- ☐ Combine teriyaki sauce and 1 tablespoon water in a small bowl.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion to pan; cover and cook 7 minutes or until golden brown, stirring frequently. Stir in 1 tablespoon teriyaki mixture.
- ☐ Remove onion from pan; keep warm. Reduce heat to medium.
- ☐ Coat pan with cooking spray.
- ☐ Add oil to pan.
- ☐ Add patties, and cook 5 minutes.
- ☐ Add remaining 3 tablespoons teriyaki mixture to pan. Carefully turn patties over, and cook 2 minutes or until done.
- ☐ Place 1 patty on bottom half of each bun; top each with 1/4 cup onion mixture, 1 tomato slice, and 1 lettuce leaf. Top with remaining bun halves.
- ☐ Add measured garlic powder and ginger to turkey
- ☐ Place buns on plates
- ☐ Help shape patties
- ☐ Top burgers with tomato, lettuce, and remaining bun half

Nutrition Facts



 **PROTEIN 44.95%**  **FAT 15.4%**  **CARBS 39.65%**

Properties

Glycemic Index:44.75, Glycemic Load:13.61, Inflammation Score:-8, Nutrition Score:19.196087153062%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 290.07kcal (14.5%), Fat: 4.96g (7.63%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 26.94g (9.8%), Sugar: 6.78g (7.53%), Cholesterol: 62.37mg (20.79%), Sodium: 791.82mg (34.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.58g (65.16%), Vitamin B3: 13.08mg (65.41%), Vitamin B6: 1.1mg (54.89%), Selenium: 37.42µg (53.46%), Phosphorus: 343.22mg (34.32%), Vitamin B1: 0.34mg (22.66%), Vitamin A: 1109.22IU (22.18%), Vitamin K: 20.86µg (19.87%), Manganese: 0.36mg (18.04%), Vitamin B2: 0.28mg (16.44%), Zinc: 2.46mg (16.41%), Iron: 2.87mg (15.95%), Folate: 63.72µg (15.93%), Potassium: 525.91mg (15.03%), Magnesium: 58.55mg (14.64%), Vitamin B5: 1.11mg (11.06%), Vitamin B12: 0.66µg (11.06%), Calcium: 83.97mg (8.4%), Copper: 0.16mg (7.9%), Fiber: 1.8g (7.22%), Vitamin C: 4.83mg (5.85%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.27mg (1.77%)