



Quick-and-Easy Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon cajun spice
- ☐ 4 curly kale leaves
- ☐ 2 teaspoons garlic powder
- ☐ 1 pound pd of ground turkey
- ☐ 6 ounce hawaiian rolls
- ☐ 1 teaspoon olive oil
- ☐ 1 large onion cut into (1/4-inch-thick) slices (2 cups)

- ☐ 3 tablespoons teriyaki sauce light
- ☐ 2 inch tomatoes
- ☐ 1 tablespoon water

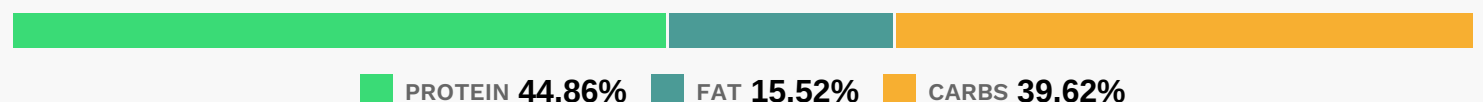
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ wax paper

Directions

- ☐ Combine the first 4 ingredients in a large bowl. Divide the turkey mixture into 4 equal portions, shaping each portion into a 1/2-inch-thick patty.
- ☐ Combine the teriyaki sauce and water in a small bowl.
- ☐ Place a large nonstick skillet coated with cooking spray over medium heat until hot.
- ☐ Add the onion slices; cover and cook 10 minutes or until onion is golden brown, stirring frequently. Stir in 1 tablespoon teriyaki mixture.
- ☐ Remove onion from pan, and keep warm.
- ☐ Add olive oil to pan.
- ☐ Add patties, and cook 5 minutes over medium heat.
- ☐ Add 3 tablespoons teriyaki mixture to pan. Carefully turn patties over, and cook for 3 minutes or until golden.
- ☐ Place 1 patty on bottom half of each bun, and top each patty with 1/4 cup onion, 2 tomato slices, and 1 lettuce leaf. Top with remaining bun halves.
- ☐ Note: You can freeze any uncooked turkey patties for up to 1 month. To freeze, separate the patties with wax paper; place them in a heavy-duty zip-top plastic bag, remove excess air, seal, and freeze. Thaw in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:13.6, Inflammation Score:-8, Nutrition Score:19.68913031661%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 290.6kcal (14.53%), Fat: 5.02g (7.72%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 26.86g (9.77%), Sugar: 6.82g (7.58%), Cholesterol: 62.37mg (20.79%), Sodium: 792.05mg (34.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.64g (65.27%), Vitamin B3: 13.13mg (65.63%), Vitamin B6: 1.11mg (55.35%), Selenium: 37.45µg (53.5%), Phosphorus: 344.52mg (34.45%), Vitamin A: 1360.78IU (27.22%), Vitamin B1: 0.34mg (22.76%), Vitamin K: 21.78µg (20.74%), Manganese: 0.37mg (18.33%), Vitamin B2: 0.29mg (16.78%), Iron: 2.98mg (16.54%), Zinc: 2.48mg (16.53%), Folate: 63.92µg (15.98%), Potassium: 533.64mg (15.25%), Magnesium: 58.97mg (14.74%), Vitamin B5: 1.12mg (11.17%), Vitamin B12: 0.66µg (11.06%), Calcium: 84.99mg (8.5%), Copper: 0.16mg (7.95%), Fiber: 1.96g (7.85%), Vitamin C: 4.86mg (5.89%), Vitamin E: 0.54mg (3.61%), Vitamin D: 0.45µg (3.02%)