



## Red Pepper Jelly Turkey Burgers

READY IN



29 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup alfalfa sprouts
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 slices cucumber thin
- ☐ 2 garlic cloves minced
- ☐ 1 pound ground turkey breast
- ☐ 0.3 cup pepper jelly red
- ☐ 0.3 cup catsup
- ☐ 2 ounces cream cheese light tub-style
- ☐ 0.3 cup onion finely chopped

- ☐ 0.3 cup quick-cooking oats
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 6.4 ounce hamburger buns light whole wheat

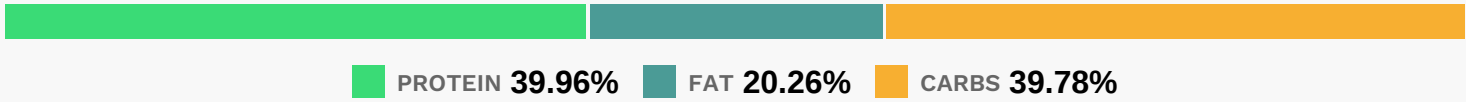
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Combine first 7 ingredients in a large bowl. Divide turkey mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium heat; coat pan with cooking spray.
- ☐ Add turkey patties; cook 6 minutes on each side or until done.
- ☐ Place patties on bottom halves of buns. Top each with 1 tablespoon each of cream cheese and jelly, 4 cucumber slices, and 1 tablespoon alfalfa sprouts. Top with top halves of buns.

## Nutrition Facts



## Properties

Glycemic Index:58.25, Glycemic Load:2.59, Inflammation Score:-8, Nutrition Score:22.89217387075%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

## Nutrients (% of daily need)

Calories: 329.02kcal (16.45%), Fat: 7.61g (11.7%), Saturated Fat: 2.56g (15.97%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 30.48g (11.08%), Sugar: 9.6g (10.67%), Cholesterol: 70.02mg (23.34%), Sodium: 500.13mg (21.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.75g (67.5%), Vitamin B3: 13.61mg (68.04%), Selenium: 42.24µg (60.35%), Vitamin B6: 1.16mg (57.84%), Manganese: 0.81mg (40.28%), Phosphorus: 380.27mg (38.03%), Vitamin C: 26.93mg (32.65%), Vitamin B1: 0.34mg (22.91%), Vitamin B2: 0.36mg (20.89%), Folate: 80.73µg

(20.18%), Magnesium: 78mg (19.5%), Zinc: 2.9mg (19.32%), Iron: 3.21mg (17.86%), Potassium: 617.74mg (17.65%), Vitamin A: 816.72IU (16.33%), Vitamin B5: 1.55mg (15.47%), Fiber: 3.12g (12.48%), Copper: 0.24mg (12.02%), Vitamin B12: 0.71µg (11.89%), Calcium: 84.31mg (8.43%), Vitamin K: 6.15µg (5.86%), Vitamin E: 0.78mg (5.23%), Vitamin D: 0.5µg (3.31%)