



Sicilian Turkey Burger

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons balsamic vinegar
- ☐ 2 tablespoons capers
- ☐ 4 ciabatta rolls split
- ☐ 3 tablespoons currants
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 1 pound pd of ground turkey lean
- ☐ 0.5 cup parmesan grated
- ☐ 0.5 teaspoon salt

☐ 3 tablespoons tomato paste

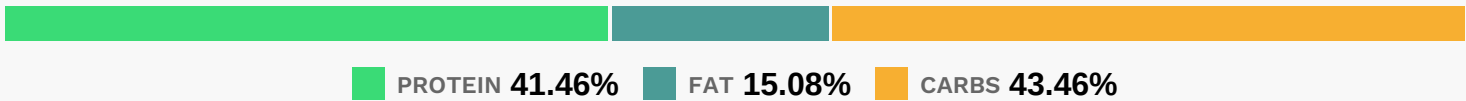
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ In a bowl, mix turkey, tomato paste, currants, capers,basil, fennel seeds and salt. Form turkey mixture intofour 3/4-inch-thick patties. Coat a grill rack or grill panwith cooking spray. Grill patties over medium-high heatuntil underside is well browned, about 7 minutes; flipand cook 5 minutes more. Top each patty with 2 tablespoons
- ☐ Parmesan; close lid or cover pan. Cook until internaltemperature reaches 165°F, about 2 minutes.
- ☐ Brushbottom of each roll with 1 teaspoon vinegar; top with 1 burger,tomato, if desired, and other half of roll.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:3.38, Inflammation Score:-5, Nutrition Score:15.340434851854%

Flavonoids

Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 353.18kcal (17.66%), Fat: 5.99g (9.22%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 38.84g (12.95%), Net Carbohydrates: 36.96g (13.44%), Sugar: 9.34g (10.37%), Cholesterol: 70.87mg (23.62%), Sodium: 1035.03mg (45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.1%), Vitamin B3: 11.64mg (58.21%), Vitamin B6: 1.05mg (52.31%), Selenium: 28.64µg (40.92%), Phosphorus: 368.17mg (36.82%), Calcium: 174.54mg (17.45%), Zinc: 2.49mg (16.62%), Potassium: 569.9mg (16.28%), Magnesium: 51.25mg (12.81%), Vitamin B12: 0.73µg (12.14%),

Vitamin B2: 0.2mg (11.93%), Vitamin B5: 1.08mg (10.79%), Iron: 1.81mg (10.05%), Copper: 0.17mg (8.44%), Fiber: 1.88g (7.51%), Manganese: 0.14mg (6.87%), Vitamin B1: 0.1mg (6.81%), Vitamin A: 323.97IU (6.48%), Vitamin K: 5.08µg (4.84%), Vitamin E: 0.68mg (4.56%), Vitamin C: 3.38mg (4.1%), Folate: 13.82µg (3.45%), Vitamin D: 0.52µg (3.44%)