



## Southwest Ranch Turkey Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 20 oz pd of ground turkey lean
- 0.5 cup ranch dressing
- 1 oz taco seasoning
- 2.8 oz pepper jack cheese
- 4 hawaiian rolls split

### Equipment

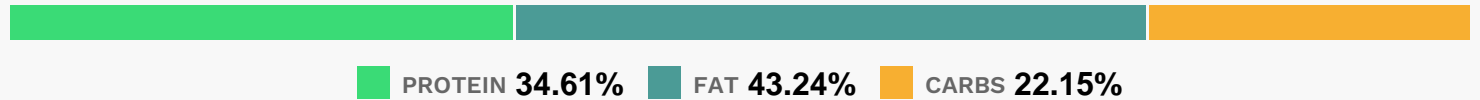
- bowl
- grill

kitchen thermometer

## Directions

- Heat gas or charcoal grill. In large bowl, mix turkey, ranch dressing and taco seasoning mix. Shape mixture into 4 patties, about 4 inches wide and 3/4 inch thick.
- Place patties on grill over medium heat. Cover grill; cook 13 to 15 minutes, carefully turning once, until meat thermometer inserted in center of patties reads at least 165°F. Top each burger with 1 slice cheese and place buns, cut sides down, on grill; cover grill and cook 1 to 2 minutes or until cheese is melted and buns are lightly toasted.
- Place burgers on bun bottoms. Cover with bun tops.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:12.91, Inflammation Score:-7, Nutrition Score:23.675217524819%

## Nutrients (% of daily need)

Calories: 495.07kcal (24.75%), Fat: 23.81g (36.63%), Saturated Fat: 6.93g (43.32%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 25.33g (9.21%), Sugar: 5.97g (6.63%), Cholesterol: 103.42mg (34.47%), Sodium: 1245.89mg (54.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.87g (85.74%), Vitamin B3: 15.59mg (77.96%), Selenium: 46.95µg (67.07%), Vitamin B6: 1.27mg (63.33%), Phosphorus: 509.11mg (50.91%), Vitamin K: 42.76µg (40.72%), Zinc: 3.45mg (23.03%), Vitamin B2: 0.38mg (22.36%), Calcium: 222.61mg (22.26%), Vitamin B1: 0.33mg (21.92%), Iron: 3.28mg (18.21%), Vitamin A: 864.74IU (17.29%), Vitamin B12: 1.02µg (17.08%), Vitamin B5: 1.53mg (15.28%), Magnesium: 57.85mg (14.46%), Potassium: 505.89mg (14.45%), Folate: 56.53µg (14.13%), Manganese: 0.26mg (13.05%), Fiber: 2.11g (8.43%), Copper: 0.14mg (7.06%), Vitamin E: 0.93mg (6.22%), Vitamin D: 0.72µg (4.77%), Vitamin C: 3.75mg (4.54%)