



Southwest Turkey Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz take southwest three cheese recipe cheese breadcrumb mix mixed fresh
- 1 lb ground turkey breast
- 4 hamburger buns toasted
- 4 lettuce leaves
- 0.5 cup pico de gallo
- 2 Tbsp water

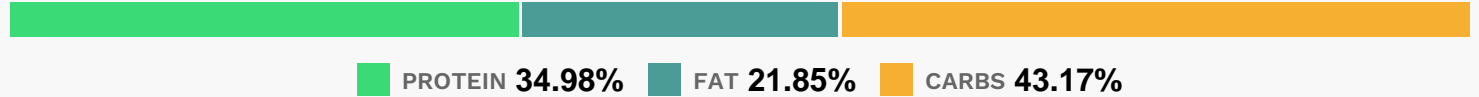
Equipment

- grill

Directions

- Heat grill to medium heat.
- Mix first 3 ingredients just until blended; shape into 4 (1/2-inch-thick) patties.
- Grill 8 to 9 min. on each side or until done (165F).
- Fill buns with lettuce, burgers and pico de gallo.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:12.88, Inflammation Score:-8, Nutrition Score:18.56826118801%

Nutrients (% of daily need)

Calories: 380.27kcal (19.01%), Fat: 9.29g (14.3%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 41.3g (13.77%), Net Carbohydrates: 39.48g (14.36%), Sugar: 6.03g (6.7%), Cholesterol: 74.7mg (24.9%), Sodium: 638.27mg (27.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.93%), Vitamin B3: 12.9mg (64.51%), Selenium: 36.9µg (52.72%), Vitamin B6: 1.02mg (51.15%), Vitamin A: 1941.74IU (38.83%), Phosphorus: 307.8mg (30.78%), Vitamin B1: 0.33mg (21.85%), Iron: 3.84mg (21.33%), Vitamin B2: 0.27mg (15.93%), Manganese: 0.32mg (15.83%), Zinc: 2.36mg (15.72%), Potassium: 523.27mg (14.95%), Folate: 58.61µg (14.65%), Magnesium: 45.97mg (11.49%), Vitamin B12: 0.66µg (11.07%), Vitamin B5: 1mg (9.98%), Vitamin C: 6.92mg (8.39%), Calcium: 81.42mg (8.14%), Fiber: 1.82g (7.29%), Copper: 0.11mg (5.69%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.06µg (1.97%), Vitamin E: 0.27mg (1.78%)