



## Southwest Turkey Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



838 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 crusty kaiser rolls split
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons thyme leaves dried fresh chopped
- 2 cloves garlic finely chopped
- 2 teaspoons grill seasoning blend (recommended: Montreal Steak Seasoning by McCormick)
- 1.3 pounds ground turkey breast
- 1 teaspoons cayenne hot sauce (recommended: Tabasco)
- 1 jalapeno seeded finely chopped
- 4 servings olive oil for drizzling

- 1 cup pepper relish sweet red
- 0.5 pound deli pepper jack cheese sliced
- 1 leaf lettuce red
- 1 large shallot or red finely chopped
- 8 slices at least of turkey bacon smoked with black pepper or applewood bacon

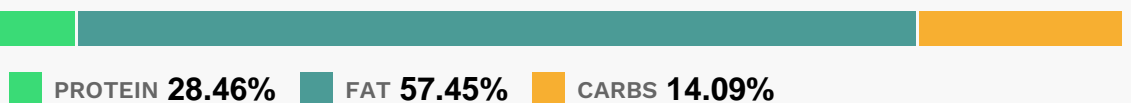
## Equipment

- frying pan
- grill

## Directions

- Watch how to make this recipe.
- Chop your garlic and veggies.
- Cook bacon in a large nonstick skillet over medium high heat until crisp. Wipe excess grease from pan and return skillet to heat.
- While bacon cooks, combine turkey meat, garlic, shallot or onion, thyme, cilantro or parsley, bell pepper, serrano or jalapeno pepper, cumin, hot pepper sauce, grill seasoning or salt and pepper. Divide mixture into 4 equal mounds then form meat into patties.
- Drizzle patties with vegetable oil to coat. Cook in skillet over medium high heat for 5 to 6 minutes on each side.
- Place sliced cheese over the patties in the last 2 minutes of cooking, use 1 or 2 slices for each patty, as you like.
- Pile cooked cheeseburgers into buns.
- Spread sweet relish or jelly on bun tops and set red leaf lettuce into place, using the relish or jelly as glue. Top cheeseburgers with 2 slices of cooked, crisp bacon or turkey bacon and lettuce. Then serve with tortilla chips, tossed salad and/or spicy o-nuts.

## Nutrition Facts



## Properties

Glycemic Index:64.25, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:37.314347785452%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

## Nutrients (% of daily need)

Calories: 838.15kcal (41.91%), Fat: 53.74g (82.68%), Saturated Fat: 20.05g (125.33%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 26.28g (9.56%), Sugar: 3.39g (3.77%), Cholesterol: 162.66mg (54.22%), Sodium: 985.66mg (42.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.9g (119.79%), Vitamin B3: 18.92mg (94.62%), Selenium: 62.95µg (89.94%), Vitamin B6: 1.68mg (83.86%), Vitamin C: 60.92mg (73.84%), Phosphorus: 721.33mg (72.13%), Calcium: 505.62mg (50.56%), Vitamin A: 1912.57IU (38.25%), Vitamin K: 39.73µg (37.83%), Zinc: 5.53mg (36.87%), Vitamin B2: 0.61mg (35.75%), Vitamin B1: 0.49mg (32.76%), Manganese: 0.5mg (24.94%), Folate: 97.96µg (24.49%), Vitamin B12: 1.46µg (24.36%), Iron: 4.15mg (23.07%), Potassium: 795mg (22.71%), Magnesium: 89.24mg (22.31%), Vitamin B5: 2.08mg (20.78%), Vitamin E: 2.46mg (16.4%), Fiber: 3.39g (13.56%), Copper: 0.23mg (11.73%), Vitamin D: 1.12µg (7.47%)