



Southwest Turkey Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 ounce bread baguette french
- ☐ 0.5 teaspoon chili powder divided
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 pound ground turkey breast
- ☐ 6 ounce hamburger buns toasted
- ☐ 4 leaf lettuce leaves green
- ☐ 0.3 cup milk 1% low-fat

- ☐ 2 tablespoons canola mayonnaise
- ☐ 0.5 pound poblano chiles
- ☐ 0.5 teaspoon salt
- ☐ 2 inch tomatoes

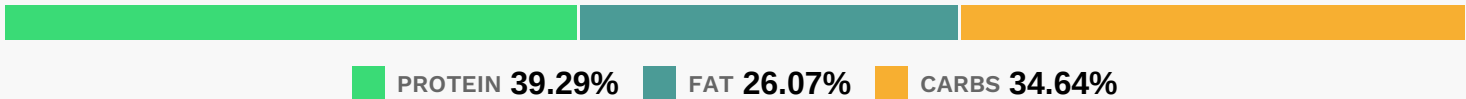
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Cut poblanos in half lengthwise; discard seeds and membranes.
- ☐ Place poblanos, skin sides down, on grill rack; grill 10 minutes or until blackened.
- ☐ Place poblanos in a small zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and dice.
- ☐ Place bread in a food processor; pulse 5 times or until coarse crumbs measure 1/2 cup.
- ☐ Combine breadcrumbs and milk in a large bowl; let stand 5 minutes.
- ☐ Add 1/4 teaspoon chili powder, cumin, and next 4 ingredients (through turkey); gently mix just until combined. Divide turkey mixture into 4 equal portions; shape each portion into a 1/2-inch-thick patty.
- ☐ Place patties on grill rack coated with cooking spray; grill 3 minutes on each side or until done.
- ☐ Combine remaining 1/4 teaspoon chili powder and mayonnaise. Top bottom half of each bun with 1 tomato slice, 1 lettuce leaf, 1 patty, about 1 1/2 teaspoons mayonnaise mixture, and 1 bun top.

Nutrition Facts



Properties

Glycemic Index:77.38, Glycemic Load:15.81, Inflammation Score:-7, Nutrition Score:22.032608612724%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 2.67mg, Luteolin: 2.67mg, Luteolin: 2.67mg, Luteolin: 2.67mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 333.88kcal (16.69%), Fat: 9.69g (14.91%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 26.87g (9.77%), Sugar: 5.64g (6.27%), Cholesterol: 66.05mg (22.02%), Sodium: 658.5mg (28.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.75%), Vitamin B3: 13.49mg (67.46%), Vitamin B6: 1.16mg (57.77%), Vitamin C: 46.54mg (56.41%), Selenium: 39.23µg (56.04%), Phosphorus: 340.21mg (34.02%), Vitamin B1: 0.4mg (26.56%), Manganese: 0.39mg (19.66%), Vitamin B2: 0.32mg (18.82%), Vitamin K: 19.67µg (18.73%), Iron: 3.23mg (17.93%), Zinc: 2.57mg (17.14%), Folate: 64.92µg (16.23%), Potassium: 541.78mg (15.48%), Magnesium: 55.33mg (13.83%), Vitamin B12: 0.76µg (12.7%), Vitamin B5: 1.15mg (11.49%), Calcium: 100.02mg (10%), Vitamin A: 489.82IU (9.8%), Copper: 0.17mg (8.6%), Fiber: 2.12g (8.47%), Vitamin E: 0.81mg (5.41%), Vitamin D: 0.63µg (4.2%)