



Southwestern Turkey Burgers

 Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup baked tortilla chips crushed
- ☐ 0.3 teaspoon pepper black
- ☐ 4 curly kale leaves
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons green onions finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound ground turkey breast
- ☐ 0.3 cup bottled salsa

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- ☐ 0.3 teaspoon salt
- ☐ 4 slices tomatoes ripe
- ☐ 6 ounce wheat hamburger buns light

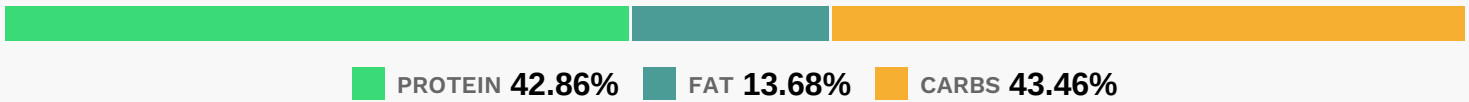
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 8 ingredients. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium heat. Coat patties with cooking spray.
- ☐ Add patties to pan; cook 3 minutes. Carefully turn patties over; cook 4 minutes or until done.
- ☐ Top bottom halves of buns with lettuce and tomato slices.
- ☐ Place patties over tomato slices, and top each with salsa and top halves of buns.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:13.08, Inflammation Score:-8, Nutrition Score:21.630434471628%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 306.83kcal (15.34%), Fat: 4.69g (7.22%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 30.89g (11.23%), Sugar: 5.52g (6.13%), Cholesterol: 62.37mg (20.79%), Sodium: 709.35mg (30.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.1g (66.19%), Vitamin B3: 13.52mg (67.59%), Vitamin B6: 1.12mg (56.16%), Selenium: 38.62µg (55.17%), Phosphorus: 357.94mg (35.79%), Vitamin A: 1623.8IU (32.48%),

Vitamin K: 33.6µg (32%), Vitamin B1: 0.36mg (24.09%), Manganese: 0.39mg (19.69%), Vitamin B2: 0.31mg (18.06%), Iron: 3.25mg (18.05%), Potassium: 626.54mg (17.9%), Zinc: 2.61mg (17.38%), Magnesium: 65.41mg (16.35%), Folate: 64.27µg (16.07%), Vitamin B5: 1.13mg (11.28%), Vitamin B12: 0.66µg (11.06%), Calcium: 106.54mg (10.65%), Fiber: 2.66g (10.63%), Copper: 0.18mg (8.91%), Vitamin C: 7.2mg (8.72%), Vitamin E: 0.97mg (6.45%), Vitamin D: 0.45µg (3.02%)