



Southwestern Turkey-Cheddar Burgers with Grilled Onions

READY IN



45 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons ancho chili powder
- ☐ 4 ounces cheddar cheese thinly sliced
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 pounds pd of ground turkey
- ☐ 6 tablespoons catsup
- ☐ 0.8 cup onion sweet finely chopped
- ☐ 3 inch onion sweet

- ☐ 0.5 teaspoon salt
- ☐ 12 ounce portugese rolls split
- ☐ 0.3 cup wheat germ

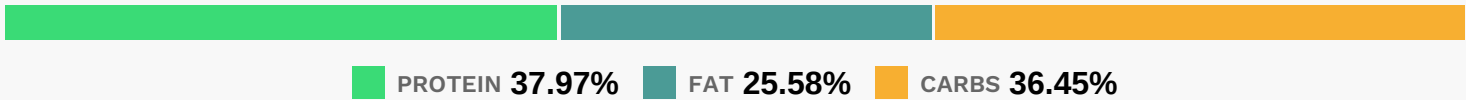
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Combine first 7 ingredients in a large bowl. Divide mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 5 minutes. Turn patties over; grill 2 minutes. Divide cheese evenly over patties; grill an additional 5 minutes or until a thermometer registers 16
- ☐ Remove from grill; let stand 5 minutes.
- ☐ Place onion slices on grill rack coated with cooking spray; grill 4 minutes on each side or until browned and tender.
- ☐ Place rolls, cut sides down, on grill rack; grill 1 minute or until toasted.
- ☐ Place 1 patty on bottom half of each roll; top each serving with 1 onion slice, 1 tablespoon Chipotle-Poblano Ketchup, and top half of roll.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:18.47, Inflammation Score:-6, Nutrition Score:20.877826027248%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 390.03kcal (19.5%), Fat: 11.19g (17.21%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 33.71g (12.26%), Sugar: 7.83g (8.7%), Cholesterol: 81.27mg (27.09%), Sodium: 755.99mg (32.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.37g (74.74%), Vitamin B3: 11.77mg (58.87%), Vitamin B6: 1.13mg (56.64%), Iron: 10.18mg (56.54%), Selenium: 35.8µg (51.15%), Manganese: 0.91mg (45.42%), Phosphorus: 410.4mg (41.04%), Zinc: 3.56mg (23.76%), Vitamin B2: 0.27mg (15.87%), Calcium: 155.34mg (15.53%), Magnesium: 58.91mg (14.73%), Potassium: 489.47mg (13.98%), Vitamin B1: 0.21mg (13.97%), Vitamin B12: 0.78µg (12.98%), Vitamin B5: 1.25mg (12.52%), Vitamin A: 480.99IU (9.62%), Folate: 37.49µg (9.37%), Fiber: 2.15g (8.61%), Copper: 0.16mg (7.76%), Vitamin E: 0.67mg (4.46%), Vitamin D: 0.57µg (3.78%), Vitamin C: 1.72mg (2.09%), Vitamin K: 1.58µg (1.5%)