



Spiced Up Turkey Burgers

 Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tbsp apple sauce
- ☐ 1 slices dill pickle fresh
- ☐ 0.3 tsp ground pepper
- ☐ 0.8 tsp cumin
- ☐ 1 eggs
- ☐ 1.5 tbsp olive oil extra virgin plus more for brushing the burgers
- ☐ 2 tbsp basil fresh minced
- ☐ 0.3 cup parsley fresh finely minced

- ☐ 1 tbsp parsley fresh minced
- ☐ 10 servings vegetable oil
- ☐ 0.5 tsp garlic powder
- ☐ 1 package pd of ground turkey lean
- ☐ 1 tbsp juice of lemon freshly squeezed
- ☐ 1.5 tsp lemon zest
- ☐ 0.5 cup mayonnaise (I like Spectrum)
- ☐ 2 tbsp onion finely minced
- ☐ 0.5 tsp pepper to taste
- ☐ 0.5 tsp salt to taste
- ☐ 10 slider buns for serving
- ☐ 1.5 tsp paprika smoked
- ☐ 10 servings vegetable oil for frying (optional, if not grilling)
- ☐ 1 slice sandwich bread white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl
- ☐ grill

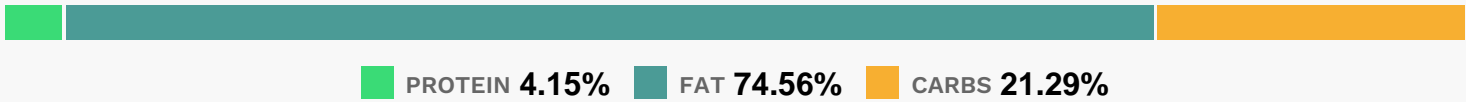
Directions

- ☐ Cut the crust off of your piece of bread.
- ☐ Pour olive oil onto a small plate. Soak the crustless bread in the olive oil, turning the slice once, till all the oil is soaked up by the bread.
- ☐ Place ground turkey in a medium mixing bowl. Shred and crumble the oil-soaked bread into tiny pieces and add it to the meat along with the parsley, onion, egg, smoked paprika, cumin, garlic powder, cayenne pepper, salt, pepper and applesauce. Stir ingredients with a fork and/or clean hands until the spices and herbs are well blended with the meat. Gather the meat mixture in 1/4 cupfuls and make small, thick patties (they will shrink up to slider sized

during cooking). The patties will initially be soft, but will firm up as they grill.If grilling, grease the preheated grill well before you start cooking. Cook the patties by grilling or frying (I recommend grilling). I like to brush the burgers with olive oil periodically as they grill to keep them nice and moist.Grill for 15 – 20 minutes or until thoroughly cooked. Cooking times may vary by grill type.I also like to grill the buns. If you're doing this, brush the internal sides of the buns lightly with olive oil, then grill them open-side down for 2–3 minutes till they are warm and golden crisp around the edges.If you prefer not to grill the burgers, you can cook them in a skillet using 1/4 cup of vegetable oil. I like using olive oil; any oil with a somewhat high smoke point will do.

- ☐
- Heat the oil over medium heat till hot but not smoking. Fry the burgers for 10–15 minutes, flipping occasionally, until thoroughly cooked.
- ☐
- Mix mayonnaise together with herbs, lemon juice and lemon zest in a small bowl till well blended.
- ☐
- Serve as a sauce for the Turkey Burgers.

Nutrition Facts



Properties

Glycemic Index:37.48, Glycemic Load:1.01, Inflammation Score:-4, Nutrition Score:6.7339128929636%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 349.4kcal (17.47%), Fat: 29.16g (44.87%), Saturated Fat: 4.34g (27.11%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 17.08g (6.21%), Sugar: 3.11g (3.45%), Cholesterol: 21.13mg (7.04%), Sodium: 208.31mg (9.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Vitamin K: 86.98µg (82.84%), Vitamin E: 2.23mg (14.9%), Vitamin A: 425.98IU (8.52%), Iron: 1.44mg (7.99%), Fiber: 1.67g (6.67%), Vitamin C: 3.92mg (4.75%), Calcium: 41.87mg (4.19%), Selenium: 2.31µg (3.3%), Manganese: 0.06mg (3.15%), Folate: 10.22µg (2.55%), Vitamin

B2: 0.04mg (2.23%), Phosphorus: 19.4mg (1.94%), Vitamin B6: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.51%),
Potassium: 46.04mg (1.32%), Vitamin B5: 0.13mg (1.28%), Magnesium: 4.94mg (1.24%), Copper: 0.02mg (1.19%),
Vitamin B3: 0.22mg (1.09%), Zinc: 0.16mg (1.07%)