



Spicy Blue Turkey Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground meat turkey
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 ounces cheese blue sliced
- ☐ 10 oz ciabatta rolls toasted
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons catsup
- ☐ 1 pinch kosher salt

☐ 0.5 teaspoon paprika

Equipment

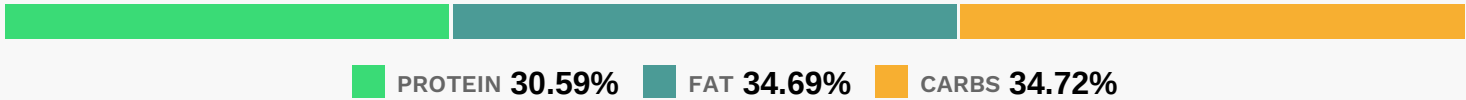
☐ bowl

☐ grill

Directions

- ☐ In medium bowl, gently mix together turkey, garlic, paprika, and cumin.
- ☐ Form turkey into 4 (4-inch) patties; season with salt and pepper.
- ☐ Heat grill to medium-high; cook, turning once, until burgers are just cooked through (about 7 minutes per side).
- ☐ Combine ketchup and hot sauce.
- ☐ Serve burgers with desired toppings and buns.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:12.436086944912%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 417.74kcal (20.89%), Fat: 16.13g (24.82%), Saturated Fat: 6.73g (42.07%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 35.38g (12.86%), Sugar: 1.75g (1.95%), Cholesterol: 99.86mg (33.29%), Sodium: 774.72mg (33.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.02g (64.03%), Selenium: 24.82µg (35.45%), Vitamin B3: 6.51mg (32.53%), Phosphorus: 305.96mg (30.6%), Vitamin B12: 1.62µg (27%), Zinc: 3.48mg (23.17%), Vitamin B6: 0.46mg (23.06%), Vitamin B2: 0.31mg (18.17%), Vitamin B5: 1.52mg (15.19%), Calcium: 140.94mg (14.09%), Potassium: 331.09mg (9.46%), Iron: 1.58mg (8.8%), Vitamin A: 410.58IU (8.21%), Magnesium: 31.03mg (7.76%), Copper: 0.14mg (7.16%), Vitamin B1: 0.09mg (5.77%), Folate: 16.51µg (4.13%), Fiber: 0.95g (3.81%), Vitamin D: 0.56µg (3.73%), Manganese: 0.06mg (2.78%), Vitamin E: 0.37mg (2.45%), Vitamin C: 1.3mg (1.58%), Vitamin K: 1.18µg (1.13%)