



Spicy Chipotle Turkey Burgers

 Popular

READY IN



35 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 chipotle chile in adobo sauce finely chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon garlic powder
- 1 pound pd of ground turkey
- 4 hamburger buns split toasted
- 4 slices mozzarella cheese
- 0.5 cup onion finely chopped

- 1 teaspoon onion powder
- 1 teaspoon lawry's seasoned salt

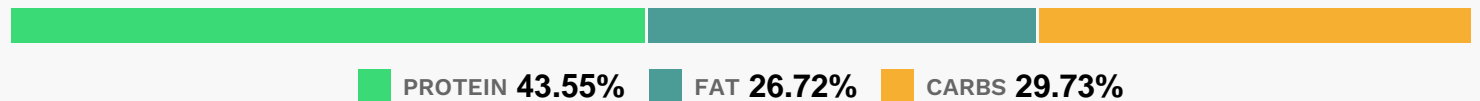
Equipment

- mixing bowl
- grill

Directions

- Preheat an outdoor grill for medium-high heat, and lightly oil grate.
- Place the ground turkey, onion, cilantro, chipotle chile pepper, garlic powder, onion powder, seasoned salt, and black pepper in a mixing bowl; mix well. Form into 4 patties.
- Cook the hamburgers on the preheated grill until the turkey is no longer pink in the center, about 4 minutes per side.
- Place the mozzarella slices on the patties 2 minutes before they are ready.
- Serve on the toasted buns.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:13.5, Inflammation Score:-5, Nutrition Score:18.927826093591%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 347.02kcal (17.35%), Fat: 10.26g (15.79%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 24.02g (8.73%), Sugar: 4.57g (5.08%), Cholesterol: 84.75mg (28.25%), Sodium: 1031.04mg (44.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.62g (75.25%), Vitamin B3: 12.87mg (64.35%), Selenium: 41.93µg (59.91%), Vitamin B6: 1.05mg (52.5%), Phosphorus: 411.95mg (41.2%), Vitamin B12: 1.31µg (21.84%), Vitamin B1: 0.33mg (21.82%), Calcium: 216.57mg (21.66%), Zinc: 3.22mg (21.45%), Vitamin B2: 0.33mg (19.67%), Manganese: 0.31mg (15.55%), Iron: 2.69mg (14.93%), Folate: 56.09µg (14.02%), Potassium: 454.41mg

(12.98%), Magnesium: 51.87mg (12.97%), Vitamin B5: 1.07mg (10.75%), Fiber: 1.67g (6.68%), Copper: 0.13mg (6.65%),
Vitamin A: 235.08IU (4.7%), Vitamin D: 0.57µg (3.78%), Vitamin K: 3.64µg (3.47%), Vitamin C: 2.22mg (2.69%),
Vitamin E: 0.27mg (1.77%)