



## Spicy Grilled Turkey Burger with Coleslaw

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 pounds pd of ground turkey dark white ( meat, meat, or a mixture)
- ☐ 0.5 cup bread crumbs fresh
- ☐ 3 Tbsp mayonnaise
- ☐ 2 Tbsp chives fresh chopped
- ☐ 1 Tbsp worcestershire sauce
- ☐ 1.5 teaspoons tabasco chipotle sauce hot (amount depends on how spicy you like your foods)
- ☐ 2 green onions minced
- ☐ 4 basil leaves fresh thinly sliced

- ☐ 1 teaspoon sea salt to taste
- ☐ 0.5 teaspoon pepper freshly ground to taste
- ☐ 4 hamburger buns lightly toasted
- ☐ 1 slices pickle sweet
- ☐ 1 tomatoes cored sliced
- ☐ 2 cups cabbage shredded
- ☐ 1 cup just another cup of cabbage shredded loosely packed
- ☐ 10 basil leaves thinly sliced
- ☐ 0.5 cup mayonnaise
- ☐ 1 Tbsp apple cider vinegar
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 4 servings salt and pepper freshly ground to taste

## Equipment

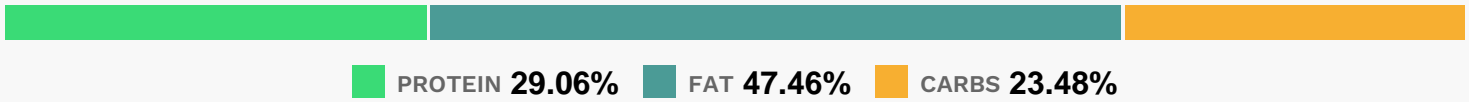
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ stove

## Directions

- ☐ Prepare grill for high direct heat: Prepare your grill (either gas or charcoal) for direct high heat. You can also cook the burgers on the stove-top on a griddle or cast iron frying pan.
- ☐ Combine burger ingredients, form into patties: In a large bowl, gently combine the turkey meat, breadcrumbs, chives, basil, green onions, mayonnaise, Worcestershire sauce, chili sauce, salt and pepper. Work the mixture with your hands until it is just mixed. Don't over mix or your burgers will end up tough.

- ☐ Form four patties, about 1-inch thick.
- ☐ Sprinkle the patties with salt and pepper. Grill them for 5–7 minutes on each side, until the internal temperature of the patties reach 165°F on a meat thermometer. Turkey burgers should be cooked through, not rare.
- ☐ Toward the end of the cooking, put the buns on the grill to toast for about a minute.
- ☐ Remove the burgers from the grill to a platter, cover and let rest for 5 minutes.
- ☐ Whisk the mayonnaise, vinegar, mustard, sugar, red pepper flakes together in a small bowl.
- ☐ Add to the cabbage, arugula, and basil in a larger bowl right before serving.
- ☐ Assemble the burgers: Assemble the burgers by placing each burger on a bottom bun, and stacking a tomato slice, some pickles, and a bit of coleslaw on top, and then topping with the top bun.

## Nutrition Facts



## Properties

Glycemic Index:169.77, Glycemic Load:14.93, Inflammation Score:-8, Nutrition Score:32.824347786281%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 657.09kcal (32.85%), Fat: 34.68g (53.36%), Saturated Fat: 5.89g (36.8%), Carbohydrates: 38.61g (12.87%), Net Carbohydrates: 35.06g (12.75%), Sugar: 8.4g (9.34%), Cholesterol: 109.66mg (36.55%), Sodium: 1556.6mg (67.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.78g (95.57%), Vitamin K: 130.13µg (123.93%), Vitamin B3: 19.65mg (98.23%), Vitamin B6: 1.61mg (80.6%), Selenium: 54.73µg (78.18%), Phosphorus: 491.69mg (49.17%), Vitamin B1: 0.53mg (35.39%), Vitamin C: 27.93mg (33.85%), Manganese: 0.58mg (29.19%), Folate: 104.66µg (26.17%), Zinc: 3.79mg (25.29%), Vitamin B2: 0.41mg (24.35%), Iron: 4.36mg (24.22%), Potassium: 826.89mg (23.63%), Magnesium: 80.67mg (20.17%), Vitamin B5: 1.8mg (18.03%), Vitamin B12: 1.05µg (17.45%), Fiber: 3.54g (14.17%), Calcium: 136.13mg (13.61%), Vitamin A: 659.41IU (13.19%), Vitamin E: 1.91mg (12.73%), Copper: 0.25mg (12.29%), Vitamin D: 0.76µg (5.05%)