

Spicy Turkey and Zucchini Burger

 **Gluten Free**

READY IN



50 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pd of ground turkey
- 2 cups zucchini packed grated (from 2 to 3 small zucchinis medium zucchini)
- 3 spring onion thinly sliced
- 2 tablespoons mint leaves fresh chopped (spearmint)
- 2 tablespoons cilantro leaves fresh chopped (tender stems included)
- 1 clove garlic minced crushed
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt

- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon ground pepper
- 3 tablespoons olive oil extra virgin
- 0.3 cup cream sour
- 0.3 cup greek yogurt plain
- 1 teaspoon lemon zest grated
- 1 tablespoon juice of lemon
- 0.5 teaspoon garlic minced
- 2 teaspoons olive oil extra virgin
- 0.3 teaspoon salt
- 1 pinch pepper black freshly ground

Equipment

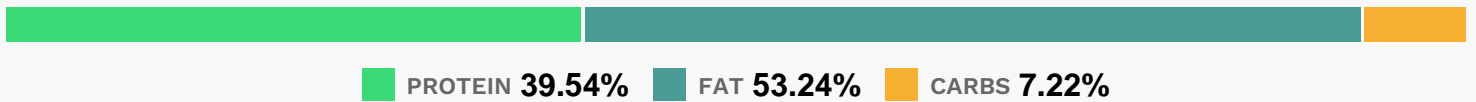
- bowl
- frying pan
- baking sheet
- paper towels
- oven

Directions

- Make the sour cream sauce by placing all of the sauce ingredients in a bowl and stirring until combined. Chill until ready to use.
- Mix the turkey zucchini mixture: In a large bowl place the grated zucchini, sliced green onions, chopped mint, cilantro, and garlic, ground cumin, salt, pepper, and cayenne. Stir to combine.
- With your hands, mix in the ground turkey until the zucchini mixture is well distributed through the ground turkey.
- Form patties: Use your hands to form 3 to 4 inch wide patties, placing them on a baking sheet. Note that the patties will be rather wet, so they may be a little tricky to handle.
- Heat 3 Tbsp of olive oil in a large frying pan on medium high heat. Once the oil is hot, lower the heat to medium.

- Working in batches, place the patties in the pan.
- Let cook for about 5 minutes, then flip the patties over and cook for another 5 to 6 minutes.
- You want them to brown and to gently cook all the way through. If the temperature is too high, they'll get browned on the outside but the inside will still be raw. So, cook them gently.
- If the outsides are browned and the insides still aren't done, lower the heat and cook longer.
- Remove to paper-towel lined plate: Once the first batch of patties are done, remove to a paper towel-lined plate while you cook the second batch. Or you can keep the patties warm in a 200°F oven.
- Makes 8 large patties or up to 18 small ones.
- Serve with the sour cream sauce.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:17.800434838171%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 297.45kcal (14.87%), Fat: 17.98g (27.66%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 4.15g (1.51%), Sugar: 2.96g (3.29%), Cholesterol: 71.68mg (23.89%), Sodium: 803.75mg (34.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.05g (60.1%), Vitamin B3: 11.49mg (57.45%), Vitamin B6: 1.12mg (56.2%), Selenium: 27.65µg (39.5%), Phosphorus: 325.56mg (32.56%), Vitamin K: 30.35µg (28.91%), Vitamin C: 16.45mg (19.93%), Potassium: 605mg (17.29%), Zinc: 2.45mg (16.3%), Vitamin B2: 0.27mg (15.83%), Vitamin E: 2.17mg (14.44%), Magnesium: 54.45mg (13.61%), Vitamin B5: 1.26mg (12.61%), Manganese: 0.24mg (12.11%), Vitamin B12: 0.73µg (12.09%), Vitamin A: 564.45IU (11.29%), Iron: 1.87mg (10.38%), Folate: 35.93µg (8.98%), Vitamin B1: 0.12mg (7.97%), Calcium: 68.78mg (6.88%), Copper: 0.13mg (6.71%), Fiber: 1.34g (5.35%), Vitamin D: 0.45µg (3.02%)