



Spicy Turkey Burgers



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 1 teaspoon ginger root fresh minced
- ☐ 2 tablespoons garlic minced
- ☐ 2 chile peppers fresh diced green
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon ground mustard dry
- ☐ 2 pounds pd of ground turkey lean

- ☐ 0.3 cup soya sauce low sodium
- ☐ 3 tablespoons paprika
- ☐ 1 medium onion diced red
- ☐ 1 teaspoon salt
- ☐ 1 dash worcestershire sauce

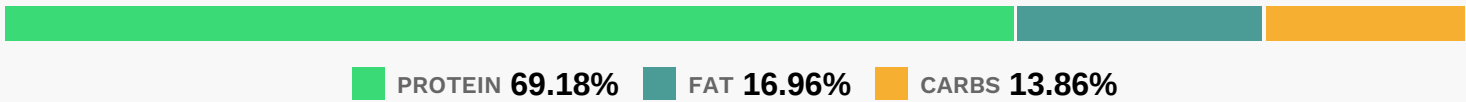
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat the grill for high heat.
- ☐ In a bowl, mix the ground turkey, garlic, ginger, chile peppers, red onion, cilantro, salt, soy sauce, black pepper, paprika, mustard, cumin, and Worcestershire sauce. Form the mixture into 8 burger patties.
- ☐ Lightly oil the grill grate.
- ☐ Place turkey burgers on the grill, and cook 5 to 10 minutes per side, until well done.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.66, Inflammation Score:-8, Nutrition Score:15.649130479149%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 160.13kcal (8.01%), Fat: 3.11g (4.79%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 3.69g (1.34%), Sugar: 1.4g (1.55%), Cholesterol: 62.37mg (20.79%), Sodium: 679.17mg (29.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.13%), Vitamin B3: 11.49mg (57.46%), Vitamin B6:

1.09mg (54.64%), Selenium: 27.53µg (39.33%), Phosphorus: 298.74mg (29.87%), Vitamin A: 1403.2IU (28.06%), Zinc: 2.32mg (15.49%), Manganese: 0.28mg (14.06%), Potassium: 487.66mg (13.93%), Magnesium: 52.59mg (13.15%), Iron: 2.28mg (12.66%), Vitamin B5: 1.14mg (11.42%), Vitamin B2: 0.18mg (10.84%), Vitamin B12: 0.58µg (9.64%), Fiber: 2.03g (8.11%), Vitamin B1: 0.11mg (7.06%), Vitamin E: 0.98mg (6.55%), Vitamin K: 6.61µg (6.3%), Copper: 0.13mg (6.26%), Folate: 18.81µg (4.7%), Vitamin C: 3.43mg (4.16%), Calcium: 32.24mg (3.22%), Vitamin D: 0.45µg (3.02%)