



Spicy Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 crusty rolls toasted halved
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 tablespoon chipotle-flavored hot sauce
- ☐ 1.3 pounds pd of ground turkey lean
- ☐ 4 lettuce leaves
- ☐ 1 cup mild salsa divided

- ☐ 1 teaspoon salt
- ☐ 0.5 cup shallots finely chopped
- ☐ 4 tablespoons vegetable oil divided

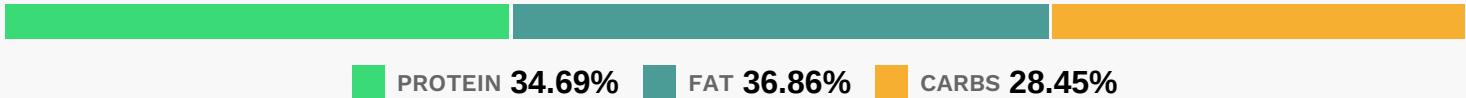
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix ground turkey, 1/2 cup salsa, shallots, cilantro, 3 tablespoons oil, hot sauce, cumin, salt, and pepper in large bowl. Shape turkey mixture into four 3 1/2- to 4-inch-diameter patties.
- ☐ Heat 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Add burgers; cook until brown, about 3 minutes per side. Reduce heat to low. Sauté until burgers are cooked through, about 4 minutes, turning occasionally.
- ☐ Arrange roll bottoms on 4 plates.
- ☐ Place lettuce, then burgers on roll bottoms. Top each burger with 2 tablespoons of remaining salsa, then roll tops.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:26.360434791316%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 444.92kcal (22.25%), Fat: 18.5g (28.47%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 28.24g (10.27%), Sugar: 5.24g (5.82%), Cholesterol: 77.96mg (25.99%), Sodium: 1424.4mg (61.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.18g (78.35%), Vitamin B3: 16.56mg (82.8%), Vitamin B6: 1.48mg (74.07%), Selenium: 44.46µg (63.51%), Vitamin A: 2206.04IU (44.12%), Phosphorus: 407.12mg (40.71%), Vitamin K: 32.37µg (30.82%), Manganese: 0.54mg (26.83%), Vitamin B1: 0.38mg (25.5%), Potassium: 802.48mg

(22.93%), Zinc: 3.22mg (21.43%), Folate: 82.61µg (20.65%), Vitamin B2: 0.33mg (19.7%), Iron: 3.5mg (19.43%), Magnesium: 71.48mg (17.87%), Vitamin B5: 1.67mg (16.72%), Fiber: 3.89g (15.54%), Vitamin E: 2.27mg (15.1%), Vitamin C: 10.66mg (12.92%), Vitamin B12: 0.72µg (12.05%), Copper: 0.22mg (10.99%), Calcium: 88.22mg (8.82%), Vitamin D: 0.57µg (3.78%)