



Spinach and Feta Turkey Burgers

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs beaten
- 4 ounces feta cheese
- 2 cloves garlic minced
- 2 pounds pd of ground turkey
- 10 ounce pkt spinach frozen dry thawed chopped

Equipment

- bowl
- grill

Directions

- Preheat an outdoor grill for medium-high heat and lightly oil grate.
- While the grill is preheating, mix together eggs, garlic, feta cheese, spinach, and turkey in a large bowl until well combined; form into 8 patties.
- Cook on preheated grill until no longer pink in the center, 15 to 20 minutes.

Nutrition Facts

PROTEIN 64.9% **FAT 30.22%** **CARBS 4.88%**

Properties

Glycemic Index:7.13, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:24.706521490346%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 191.69kcal (9.58%), Fat: 6.51g (10.02%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.28g (0.31%), Cholesterol: 115.9mg (38.63%), Sodium: 261.4mg (11.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.92%), Vitamin K: 132.13µg (125.83%), Vitamin A: 4302.97IU (86.06%), Vitamin B3: 11.34mg (56.71%), Vitamin B6: 1.12mg (56.04%), Selenium: 32.8µg (46.85%), Phosphorus: 345.47mg (34.55%), Vitamin B2: 0.37mg (21.72%), Zinc: 2.75mg (18.35%), Folate: 70.18µg (17.55%), Magnesium: 63.66mg (15.92%), Vitamin B12: 0.92µg (15.26%), Potassium: 484.11mg (13.83%), Manganese: 0.28mg (13.79%), Vitamin B5: 1.34mg (13.41%), Calcium: 126.51mg (12.65%), Iron: 1.84mg (10.22%), Vitamin B1: 0.13mg (8.76%), Vitamin E: 1.25mg (8.32%), Copper: 0.13mg (6.57%), Vitamin D: 0.73µg (4.87%), Fiber: 1.04g (4.17%), Vitamin C: 2.18mg (2.65%)