



Sun-Dried Turkey Burgers with Basil Aioli

READY IN



11 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings basil aioli
- ☐ 0.1 teaspoon pepper black
- ☐ 2 ounces goat cheese crumbled
- ☐ 1.3 pounds ground turkey breast
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup oil-packed sun-dried tomato halves drained chopped
- ☐ 3.6 ounce white-wheat hamburger buns (such as Nature's Own)

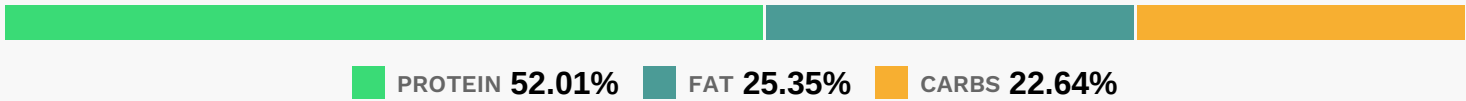
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Combine first 5 ingredients. Divide turkey mixture into 4 equal portions, shaping each into a 1/2-inch patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 8 minutes on each side or until a thermometer registers 16
- ☐ Place 1 lettuce leaf, if desired, on bottom half of each bun; top each with 1 burger, and 1 tomato slice, if desired.
- ☐ Spread 1 tablespoon Basil Aoli on inside of each bun top.
- ☐ Place each top on 1 burger.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:8.55, Inflammation Score:-5, Nutrition Score:19.384347760159%

Nutrients (% of daily need)

Calories: 303.93kcal (15.2%), Fat: 8.56g (13.16%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 15.87g (5.77%), Sugar: 4.57g (5.08%), Cholesterol: 85.81mg (28.6%), Sodium: 440.54mg (19.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.5g (79.01%), Vitamin B3: 15.51mg (77.56%), Vitamin B6: 1.29mg (64.46%), Selenium: 39.04µg (55.78%), Phosphorus: 408.4mg (40.84%), Potassium: 689.64mg (19.7%), Zinc: 2.95mg (19.66%), Vitamin B2: 0.31mg (18.37%), Vitamin B1: 0.27mg (18.18%), Iron: 2.87mg (15.93%), Magnesium: 62.69mg (15.67%), Copper: 0.31mg (15.62%), Manganese: 0.3mg (14.95%), Vitamin B5: 1.49mg (14.88%), Vitamin B12: 0.8µg (13.35%), Folate: 41.71µg (10.43%), Calcium: 68.77mg (6.88%), Fiber: 1.32g (5.28%), Vitamin A: 242.55IU (4.85%), Vitamin K: 4.54µg (4.32%), Vitamin D: 0.62µg (4.16%), Vitamin C: 3.03mg (3.67%), Vitamin E: 0.19mg (1.3%)