



Tamarind-Glazed Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.5 cup spring onion chopped
- ☐ 1 teaspoon pepper black
- ☐ 2.5 pounds pd of ground turkey
- ☐ 0.5 cup honey
- ☐ 8 romaine leaves
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.5 cup mayonnaise
- ☐ 1 jalapeno red with seeds, minced
- ☐ 8 large onion red thin
- ☐ 2 teaspoons salt
- ☐ 32 inch portugese rolls split (such as potato or kaiser)
- ☐ 0.5 cup tamarind paste
- ☐ 8 large tomato
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer

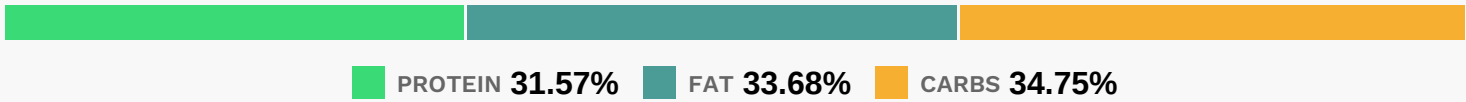
Directions

- ☐ Heat oil in heavy medium saucepan over medium-high heat.
- ☐ Add ginger and sauté 2 minutes.
- ☐ Add tamarind concentrate, honey, and water and bring to boil. Reduce heat; simmer until thick enough to coat spoon and reduced to 1 1/4 cups, stirring often, about 8 minutes. Cool completely (volume will reduce as glaze cools); mix in lime juice.
- ☐ Do ahead: Can be made 2 days ahead. Cover and chill.
- ☐ Stir mayonnaise, ginger, salt, jalapeño, black pepper, and 4 teaspoons glaze in large bowl to blend; mix in green onions.
- ☐ Add ground turkey; blend gently (do not pack tightly). Shape mixture into eight 1/2-inch-thick patties. Arrange patties on small baking sheet.
- ☐ Do ahead: Can be made 8 hours ahead. Cover and chill.
- ☐ Prepare barbecue (medium heat). Grill rolls, cut side down, until golden, about 2 minutes; transfer to work surface. Grill burgers until cooked through and thermometer inserted into

center registers 160°F, about 8 minutes per side.

- ☐ Brush each burger with glaze.
- ☐ Place 1 burger, glazed side down, on each roll bottom; brush each burger with more glaze. Top each with onion, tomato, lettuce, and roll top.
- ☐ Serve, passing remaining glaze separately.
- ☐ *Sometimes labeled tamarind paste, tamarind concentrate is a dark, seedless paste with a tart-sweet flavor. It's available at Middle Eastern and Indian markets, and at some Asian markets.
- ☐ Combine and shape the turkey mixture gently to ensure turkey burgers. Meat that is overworked becomes too compact and results in dry burgers.

Nutrition Facts



Properties

Glycemic Index:53.66, Glycemic Load:17.98, Inflammation Score:-9, Nutrition Score:23.51478245984%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 23.17mg, Quercetin: 23.17mg, Quercetin: 23.17mg, Quercetin: 23.17mg

Nutrients (% of daily need)

Calories: 449.45kcal (22.47%), Fat: 17.3g (26.61%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 36.87g (13.41%), Sugar: 26.94g (29.93%), Cholesterol: 83.84mg (27.95%), Sodium: 801.6mg (34.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.48g (72.96%), Vitamin B3: 14.39mg (71.93%), Vitamin B6: 1.42mg (70.99%), Selenium: 32.68µg (46.68%), Vitamin A: 2133.07IU (42.66%), Vitamin K: 41.71µg (39.73%), Phosphorus: 383.65mg (38.37%), Vitamin C: 21.39mg (25.92%), Potassium: 784.57mg (22.42%), Iron: 3.61mg (20.07%), Zinc: 2.89mg (19.27%), Magnesium: 68.51mg (17.13%), Manganese: 0.32mg (16.02%), Vitamin B5: 1.47mg (14.74%), Vitamin B1: 0.21mg (14.14%), Vitamin B2: 0.24mg (13.98%), Fiber: 3.3g (13.18%), Folate: 52.5µg (13.12%), Vitamin B12: 0.74µg (12.33%), Vitamin E: 1.48mg (9.85%), Copper: 0.17mg (8.66%), Calcium: 56.85mg (5.68%), Vitamin D: 0.6µg (3.97%)