



## Tangy Meatloaf Burgers

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup breadcrumbs (preferably panko)
- 0.3 cup duck sauce
- 1 large eggs
- 0.3 cup parsley fresh chopped
- 1 pound pd of ground turkey (ground pork, beef and veal)
- 0.3 cup catsup
- 4 servings kosher salt and pepper freshly ground
- 1 slices lettuce sliced for topping

- 1 tablespoon olive oil extra-virgin
- 1 small onion diced sliced into rings, 1/2 )
- 4 potato buns split
- 1 teaspoon paprika smoked sweet

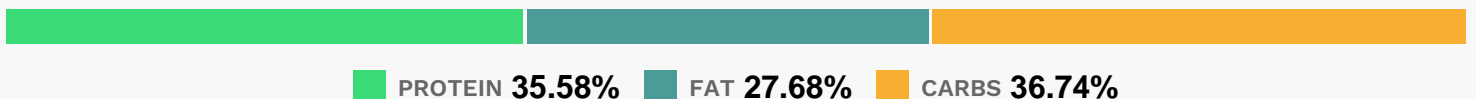
## Equipment

- bowl
- oven
- grill

## Directions

- Preheat a grill to medium high. Soak the onion rings in a bowl of cold water. Meanwhile, combine the meatloaf mix with the diced onion, parsley, breadcrumbs, egg, paprika, 1 tablespoon each ketchup and duck sauce, 1 teaspoon salt and 1/2 teaspoon pepper. Gently form into four 1-inch-thick patties; make an indentation in the center of each.
- Brush the patties with the olive oil and grill until marked on the bottom, about 6 minutes. Meanwhile, mix the remaining ketchup and duck sauce in a small bowl for brushing; set aside a few tablespoons. Turn the patties, brush with the ketchup mixture and continue grilling until cooked through, about 5 more minutes. Toast the buns, if desired.
- Spread the buns with the reserved ketchup mixture.
- Drain the onion rings.
- Serve the patties on the buns; top with the onion, lettuce, tomato and pickles.
- Serve with sweet potato chips, if desired.
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:24.117391627768%

## Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

## Nutrients (% of daily need)

Calories: 436.12kcal (21.81%), Fat: 13.82g (21.26%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 39.01g (14.19%), Sugar: 10.96g (12.17%), Cholesterol: 117.74mg (39.25%), Sodium: 739.85mg (32.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.98g (79.96%), Vitamin B3: 15.75mg (78.73%), Vitamin K: 66.31µg (63.15%), Vitamin B6: 1.1mg (54.92%), Selenium: 34.01µg (48.59%), Vitamin B1: 0.55mg (36.41%), Phosphorus: 334.73mg (33.47%), Folate: 121.55µg (30.39%), Vitamin B2: 0.47mg (27.79%), Iron: 4.29mg (23.85%), Calcium: 199.93mg (19.99%), Zinc: 2.64mg (17.59%), Vitamin A: 781.82IU (15.64%), Potassium: 516.97mg (14.77%), Vitamin B5: 1.43mg (14.34%), Vitamin B12: 0.77µg (12.77%), Magnesium: 49.08mg (12.27%), Manganese: 0.19mg (9.67%), Fiber: 2.27g (9.09%), Vitamin C: 7.44mg (9.02%), Vitamin E: 1.28mg (8.51%), Copper: 0.17mg (8.5%), Vitamin D: 0.79µg (5.24%)