



## Tassa's Turkey Cornucopia Burger with Paprika Aioli

 Gluten Free

READY IN



29 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound ground meat turkey dark
- 0.5 pound ground meat turkey white
- 4 servings alfalfa sprouts as needed
- 1 avocado pitted peeled halved sliced
- 2 carrots shredded
- 0.5 teaspoon cayenne pepper
- 0.5 cup cilantro leaves chopped

- 0.3 teaspoon curry powder
- 2 tablespoons dijon mustard
- 1 large eggs
- 1 bell pepper green seeded finely chopped
- 0.3 teaspoon hungarian paprika hot
- 0.5 teaspoon hungarian paprika sweet
- 1 tablespoon hungarian paprika hot
- 0.3 teaspoon habanero powder dried
- 2 tablespoons mayonnaise
- 4 servings olive oil as needed
- 1 small onion finely chopped
- 4 onion buns organic
- 3 tablespoons parmesan grated
- 0.3 teaspoon powdered ginger
- 4 slices provolone cheese
- 1 pinch salt and freshly cracked pepper black
- 1 tomatoes sliced

## Equipment

- bowl
- whisk
- grill
- aluminum foil

## Directions

- Watch how to make this recipe.
- Combine the mayonnaise, mustard and paprika in a small bowl. Cover and refrigerate until ready to use.
- Preheat a grill to medium-high heat.

- Combine the ground turkey, onion, carrot, bell pepper, Parmesan and all of the seasonings in a large bowl. Lightly whisk the egg separately and then fold it in to the meat mixture. Form the turkey into patties. Lightly brush grill grates with olive oil, then arrange the patties on the grill and firmly close the grills lid. Cook while making sure the patties obtain grill marks, about 6 to 8 minutes. Gently flip each burger over and continue grilling.
- Add the provolone after 3 minutes and shut the lid once more to melt the cheese, an additional 2 to 3 minutes.
- Remove the patties from heat and keep them warm by casually tenting them in foil. Reduce the grills heat to medium, add another brush of olive oil and arrange the buns on grill, toasting them until they are heated through and slightly crispy, about 2 minutes. Assemble the burgers by spreading the Paprika Aioli onto the bottom halves of the buns, and topping it with the meat patties.
- Garnish with a slice of avocado, a slice of tomato and a helping of alfalfa sprouts. Cover with the bun tops and enjoy!

## Nutrition Facts



■ **PROTEIN 21.08%**
■ **FAT 63.42%**
■ **CARBS 15.5%**

### Properties

Glycemic Index:120.96, Glycemic Load:4.66, Inflammation Score:-10, Nutrition Score:32.654347751452%

### Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 6.39mg, Isorhamnetin: 6.39mg, Isorhamnetin: 6.39mg, Isorhamnetin: 6.39mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 27.86mg, Quercetin: 27.86mg, Quercetin: 27.86mg, Quercetin: 27.86mg

### Nutrients (% of daily need)

Calories: 609.11kcal (30.46%), Fat: 44.22g (68.02%), Saturated Fat: 10.71g (66.92%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 15.79g (5.74%), Sugar: 9.32g (10.36%), Cholesterol: 149.01mg (49.67%), Sodium: 465.84mg (20.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.07g (66.14%), Vitamin A: 7185.5IU (143.71%), Vitamin C: 45.71mg (55.41%), Phosphorus: 470.4mg (47.04%), Selenium: 32.83µg (46.91%), Vitamin K: 48.77µg (46.45%), Vitamin B6: 0.92mg (45.77%), Vitamin B3: 8.16mg (40.82%), Fiber: 8.53g (34.14%), Vitamin E: 4.9mg

(32.64%), Zinc: 4.64mg (30.91%), Vitamin B2: 0.51mg (30.12%), Vitamin B12: 1.8µg (30.05%), Potassium: 1022.92mg (29.23%), Calcium: 283.43mg (28.34%), Vitamin B5: 2.53mg (25.34%), Manganese: 0.49mg (24.73%), Folate: 98.35µg (24.59%), Magnesium: 78.9mg (19.73%), Iron: 3.29mg (18.26%), Copper: 0.36mg (18.21%), Vitamin B1: 0.25mg (16.82%), Vitamin D: 0.83µg (5.54%)