



Tastes-Like-Beef Turkey Burgers

 Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ounce onion soup mix dry
- 1 pound pd of ground turkey
- 4 hawaiian rolls
- 2 tablespoons steak sauce

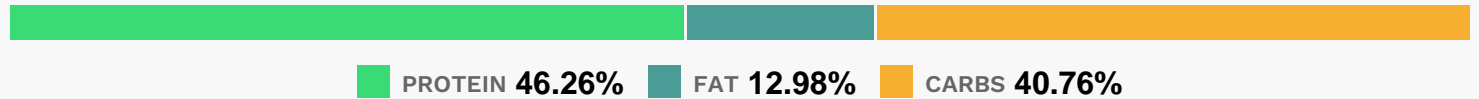
Equipment

- bowl
- frying pan

Directions

- In a large bowl, mix together ground turkey, onion soup mix and steak sauce. Shape into 4 patties.
- Heat a large skillet over medium heat, and lightly coat with cooking spray. Cook burgers 4 minutes on each side.
- Serve on hamburger buns.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:12.88, Inflammation Score:-4, Nutrition Score:16.315652106119%

Nutrients (% of daily need)

Calories: 274.87kcal (13.74%), Fat: 3.93g (6.05%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 26.45g (9.62%), Sugar: 4.2g (4.66%), Cholesterol: 62.37mg (20.79%), Sodium: 963.19mg (41.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.11%), Vitamin B3: 12.98mg (64.89%), Selenium: 37.17µg (53.1%), Vitamin B6: 1.05mg (52.4%), Phosphorus: 318.27mg (31.83%), Vitamin B1: 0.33mg (21.74%), Zinc: 2.41mg (16.1%), Vitamin B2: 0.27mg (15.9%), Manganese: 0.3mg (15.24%), Iron: 2.54mg (14.11%), Potassium: 461.48mg (13.19%), Folate: 50.09µg (12.52%), Magnesium: 48.3mg (12.08%), Vitamin B12: 0.66µg (11.07%), Vitamin B5: 1.06mg (10.58%), Calcium: 76.88mg (7.69%), Copper: 0.15mg (7.59%), Fiber: 1.35g (5.42%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.33µg (2.22%), Vitamin E: 0.29mg (1.94%), Vitamin C: 1.31mg (1.59%), Vitamin A: 51.97IU (1.04%)