



Tasty Turkey Burgers

READY IN



15 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon onion dried minced
- ☐ 1 large eggs beaten
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 1 pound pd of ground turkey
- ☐ 4 hamburger buns
- ☐ 0.5 cup italian-seasoned breadcrumbs
- ☐ 2 tablespoons herb marinade fresh
- ☐ 4 servings herb-grilled onion rings
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 0.5 teaspoon salt
- ☐ 4 servings toppings: spicy mustard shaved

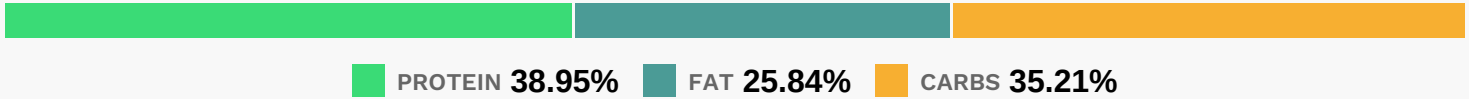
Equipment

- ☐ grill

Directions

- ☐ Combine first 7 ingredients. Shape mixture into 4 equal-size patties.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 6 minutes on each side or until no longer pink in center, basting each side occasionally with Fresh Herb Marinade.
- ☐ Grill buns, cut sides down, 2 minutes or until toasted.
- ☐ Serve burgers on buns with Herb-Grilled Onion Rings and desired toppings.
- ☐ Classic Burgers: Substitute 1 lb. ground chuck for ground turkey. Prepare recipe as directed.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:14.33, Inflammation Score:-7, Nutrition Score:26.018695706907%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.37mg, Quercetin: 11.37mg, Quercetin: 11.37mg, Quercetin: 11.37mg

Nutrients (% of daily need)

Calories: 481.08kcal (24.05%), Fat: 13.74g (21.13%), Saturated Fat: 6.47g (40.44%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 39.33g (14.3%), Sugar: 9.36g (10.4%), Cholesterol: 129.42mg (43.14%), Sodium: 1402.13mg (60.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.58g (93.16%), Selenium: 51.4µg (73.43%), Vitamin B3: 13.94mg (69.72%), Vitamin B6: 1.18mg (59.03%), Phosphorus: 582.34mg (58.23%), Calcium: 472.9mg (47.29%), Vitamin B1: 0.5mg (33.45%), Vitamin B2: 0.48mg (28.52%), Manganese: 0.53mg (26.7%), Zinc: 3.64mg (24.29%),

Folate: 88.82µg (22.2%), Iron: 3.74mg (20.8%), Vitamin B12: 1.19µg (19.8%), Magnesium: 72.39mg (18.1%), Potassium: 590.85mg (16.88%), Vitamin C: 13.46mg (16.31%), Vitamin B5: 1.52mg (15.16%), Fiber: 2.78g (11.12%), Vitamin K: 10.88µg (10.36%), Copper: 0.2mg (10.21%), Vitamin A: 396.68IU (7.93%), Vitamin D: 0.85µg (5.69%), Vitamin E: 0.48mg (3.21%)