



Texas Turkey Burgers

READY IN



19 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound pd of ground turkey
- ☐ 0.5 cup barbecue sauce
- ☐ 4 oz chilis green drained chopped canned
- ☐ 4 ounce monterrey jack cheese with jalapeño peppers
- ☐ 4 hawaiian rolls split

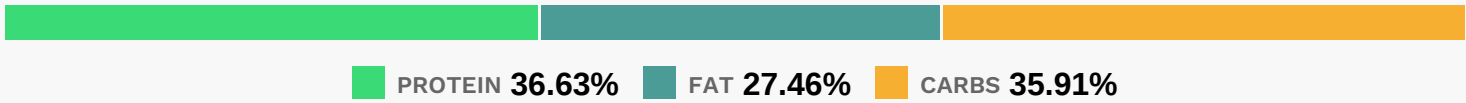
Equipment

- ☐ oven
- ☐ broiler pan

Directions

- ☐ Mix turkey, barbecue sauce and chilies. Shape mixture into 4 patties, each about 3/4 inch thick.
- ☐ Set oven control to broil.
- ☐ Place patties on rack in broiler pan. Broil with tops about 3 inches from heat 10 to 14 minutes, turning once, until turkey is no longer pink in center. About 1 minute before burgers are done, top each with cheese slice. Broil until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:12.93, Inflammation Score:-5, Nutrition Score:20.373478340066%

Nutrients (% of daily need)

Calories: 420.16kcal (21.01%), Fat: 12.78g (19.67%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 36.05g (13.11%), Sugar: 15.14g (16.82%), Cholesterol: 87.6mg (29.2%), Sodium: 921.12mg (40.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.37g (76.74%), Vitamin B3: 13.22mg (66.12%), Selenium: 41.42µg (59.17%), Vitamin B6: 1.08mg (54.11%), Phosphorus: 436.98mg (43.7%), Calcium: 298.81mg (29.88%), Vitamin B2: 0.39mg (22.7%), Zinc: 3.25mg (21.64%), Vitamin B1: 0.32mg (21.27%), Folate: 70.62µg (17.65%), Iron: 3.16mg (17.54%), Potassium: 524.92mg (15%), Vitamin B12: 0.9µg (14.99%), Manganese: 0.29mg (14.64%), Magnesium: 56.21mg (14.05%), Vitamin C: 10.47mg (12.69%), Vitamin B5: 1.14mg (11.4%), Copper: 0.15mg (7.37%), Vitamin A: 362.59IU (7.25%), Fiber: 1.58g (6.31%), Vitamin D: 0.62µg (4.16%), Vitamin E: 0.56mg (3.7%), Vitamin K: 3.42µg (3.25%)