



## Thai Turkey Burgers with Crispy Kale

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 lb ground turkey thigh meat
- ☐ 1 eggs lightly beaten
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 0.5 inch ginger root fresh grated peeled
- ☐ 1 garlic clove crushed
- ☐ 4.5 cups bite-size kale pieces
- ☐ 1 lemon zest finely grated
- ☐ 1 lemongrass stalk finely chopped

- ☐ 1 tablespoon olive oil
- ☐ 0.5 chile red seeded finely chopped
- ☐ 4 scallions finely chopped
- ☐ 4 servings sea salt and pepper black
- ☐ 4 buns whole-wheat warmed

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler

## Directions

- ☐ To make the crispy kale, put the kale into a large bowl and toss with the lemon zest, olive oil, and a little sea salt. Arrange in a single layer on 1 or 2 baking sheets.
- ☐ Place in a preheated oven, at 400°F, for 15–20 minutes, turning halfway through cooking time, until crunchy and crisp.
- ☐ Sprinkle with a little more salt or some sesame seeds, if desired.
- ☐ Meanwhile, put the turkey into a large bowl with the onions, ginger, garlic, lemongrass, chile, and cilantro.
- ☐ Mix well, then season to taste and stir in the egg.
- ☐ Use your hands to shape the mixture into 4 large balls, then press them firmly into patty shapes.
- ☐ Place under a preheated hot broiler and cook for 5 minutes on each side, or until golden and cooked through.
- ☐ Serve in warm whole-wheat buns with crispy kale on the side.
- ☐ Eat Yourself Happy by Gill Paul, Hamlyn 2013, Photo Will Heap.

## Nutrition Facts



 **PROTEIN 42.31%**  **FAT 28.02%**  **CARBS 29.67%**

Properties

Glycemic Index:46.5, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:28.922608603602%

Flavonoids

Isorhamnetin: 5.58mg, Isorhamnetin: 5.58mg, Isorhamnetin: 5.58mg, Isorhamnetin: 5.58mg Kaempferol: 11.22mg, Kaempferol: 11.22mg, Kaempferol: 11.22mg, Kaempferol: 11.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 310.19kcal (15.51%), Fat: 9.88g (15.2%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 20.26g (7.37%), Sugar: 3.71g (4.12%), Cholesterol: 103.29mg (34.43%), Sodium: 488.86mg (21.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.56g (67.12%), Vitamin K: 121.93µg (116.13%), Vitamin B3: 13.47mg (67.37%), Selenium: 43.19µg (61.71%), Vitamin B6: 1.12mg (55.85%), Vitamin A: 2635.47IU (52.71%), Vitamin C: 34.7mg (42.07%), Manganese: 0.73mg (36.66%), Phosphorus: 356.93mg (35.69%), Vitamin B2: 0.41mg (24.09%), Folate: 89.19µg (22.3%), Vitamin B1: 0.32mg (21.6%), Iron: 3.61mg (20.08%), Zinc: 2.81mg (18.72%), Magnesium: 67.09mg (16.77%), Potassium: 574.35mg (16.41%), Vitamin B5: 1.44mg (14.43%), Fiber: 3.27g (13.09%), Calcium: 126.36mg (12.64%), Vitamin B12: 0.68µg (11.35%), Copper: 0.21mg (10.51%), Vitamin E: 1mg (6.68%), Vitamin D: 0.67µg (4.49%)