



Thanksgiving Flavored Turkey Burgers

READY IN

ready

55 min.

SERVINGS

servings

16

CALORIES

calories

353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup celery finely chopped
- ☐ 16 servings whipped cream cheese
- ☐ 2 eggs
- ☐ 3 pounds ground turkey breast
- ☐ 16 hamburger buns split
- ☐ 1 onion finely chopped
- ☐ 6 ounce chicken-flavored bread stuffing mix dry
- ☐ 16 ounce cranberry sauce canned

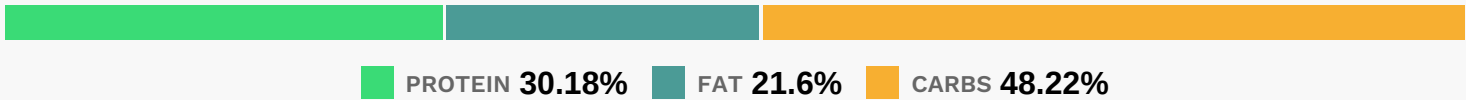
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat an outdoor grill for medium heat, and lightly oil the grate.
- ☐ Heat the butter in a skillet over medium-low heat, and cook and stir the onion and celery until the onion is soft and translucent, about 5 minutes.
- ☐ Place the cooked onion and celery in a large bowl with the ground turkey, stuffing mix, and eggs; mix to thoroughly combine. Form the mixture into 16 patties. Unlike hamburger, these patties will not change shape while cooking, so make them even in size.
- ☐ Grill the turkey burgers on the preheated grill until no longer pink in the center and the juices run clear, about 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Place each patty on a hamburger bun, and top with cranberry sauce and a dollop of whipped cream cheese to serve.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:13.45, Inflammation Score:-4, Nutrition Score:15.615217281424%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 353.24kcal (17.66%), Fat: 8.49g (13.06%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 42.62g (14.21%), Net Carbohydrates: 41.03g (14.92%), Sugar: 13.86g (15.4%), Cholesterol: 79.53mg (26.51%), Sodium: 440.48mg (19.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.37%), Selenium: 37.56µg (53.66%), Vitamin B3: 10.72mg (53.62%), Vitamin B6: 0.8mg (39.93%), Phosphorus: 272.45mg (27.24%), Vitamin B1: 0.36mg (24.15%), Folate: 70.68µg (17.67%), Vitamin B2: 0.3mg (17.64%), Manganese: 0.34mg (16.84%), Iron: 2.77mg (15.4%), Zinc: 2.03mg (13.54%), Potassium: 372.95mg (10.66%), Magnesium: 41.8mg (10.45%), Vitamin B12: 0.59µg (9.9%), Vitamin B5: 0.91mg (9.13%), Calcium: 88.47mg (8.85%), Copper: 0.14mg (6.86%), Fiber: 1.59g (6.37%), Vitamin E: 0.67mg (4.45%), Vitamin A: 207.56IU (4.15%), Vitamin K: 3.91µg (3.72%), Vitamin D: 0.47µg (3.16%), Vitamin C: 1.45mg (1.76%)