



The Fresh 20 Turkey Burger

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon basil fresh shredded
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup bread crumbs (see notes)
- ☐ 4 boston lettuce leaves
- ☐ 1 pound pd of ground turkey
- ☐ 0.5 juice of lemon (juice only)
- ☐ 4 servings pantry dressing and/or ketchup organic homemade store-bought (the pantry dressing & ketchup recipes are available in Melissa's book)
- ☐ 1 teaspoon kosher salt

- ☐ 2 teaspoon oregano dried
- ☐ 1 medium tomatoes sliced ()

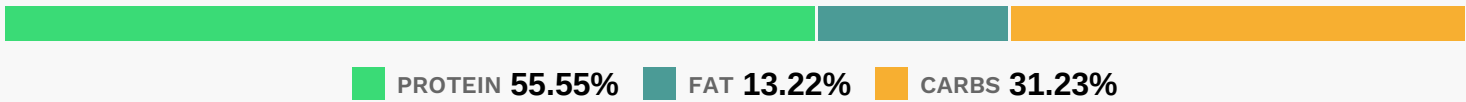
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat an outdoor grill (or alternatively use a grill pan, I did. GREG).
- ☐ Combine the turkey, bread crumbs, lemon juice, green bell pepper, basil, oregano, salt, and pepper in a medium bowl and mix well.Divide the turkey mixture into 8 equal portions and form into thin patties.
- ☐ Place 1 slice of the cheese on top of a turkey patty and place a second patty on top; seal the patties at the edges to enclose the cheese. Repeat to form the remaining 3 burgers.Grill the burgers until cooked through, about 5 minutes per side.
- ☐ Spread a tablespoon of dressing (or homemade ketchup, or both) on the bottom of each toasted bun. Top with the burgers, garnish with the lettuce and tomato, and add the tops of the buns.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:0.36, Inflammation Score:-9, Nutrition Score:17.305652058643%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 207.18kcal (10.36%), Fat: 3.1g (4.77%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 14.79g (5.38%), Sugar: 5.12g (5.69%), Cholesterol: 62.37mg (20.79%), Sodium: 876.72mg (38.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.61%), Vitamin B3: 12.41mg (62.06%), Vitamin B6: 1.06mg (53.12%), Selenium: 28.72µg (41.03%), Phosphorus: 298.37mg (29.84%), Vitamin K: 27.82µg (26.49%), Vitamin A: 903.22IU (18.06%), Zinc: 2.34mg (15.58%), Potassium: 533.09mg (15.23%), Vitamin B1: 0.23mg (15.04%), Manganese: 0.3mg (14.85%), Vitamin B2: 0.22mg (12.95%), Iron: 2.26mg (12.57%), Magnesium: 49.66mg (12.42%), Vitamin B5: 1.15mg (11.48%), Folate: 43.93µg (10.98%), Vitamin B12: 0.63µg (10.43%), Vitamin C: 6.95mg (8.42%), Copper: 0.15mg (7.31%), Fiber: 1.69g (6.78%), Calcium: 57.23mg (5.72%), Vitamin E: 0.7mg (4.65%), Vitamin D: 0.45µg (3.02%)