



Turkey ABC Burger

READY IN



20 min.

SERVINGS



4

CALORIES



712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings avocado
- 4 servings lettuce
- 4 servings olive oil
- 6 strips pork bacon thick cut
- 1 package ranch dip plus ingredients to prepare it -we used simply ranch dip mix organic your favorite ()
- 4 servings onion red
- 4 servings salt and pepper
- 4 slices at least sharp cheddar

- 4 servings tomatoes
- 1 pound ground turkey thighs
- 4 buns whole-wheat

Equipment

- bowl
- frying pan
- paper towels
- grill
- stove

Directions

- Make ranch dip mix per package directions. Refrigerate.
- Cook bacon, as desired, in a saute pan on the stove. Set aside on a paper towel.
- Fire up the charcoal in chimney starter. Recommended: Kingsford Charcoal with Mesquite Chips.
- Mix ground turkey and salt and pepper in a bowl. Form turkey meat into 4 equal size patties.
- Brush both sides with olive oil. This will prevent them from sticking to the grill.
- Grill burgers over hot coals for 4 minutes each side.
- Slice up the cheese, avocado, lettuce, tomato, and red onion. Grill onions if desired.
- Bottom bun
- Turkey patty
- Cheese
- Bacon (1 strip cut in 1/
- Avocado (3 slices)
- Lettuce, tomato, onion
- Ranch dip
- Top bun

Nutrition Facts

PROTEIN 22.95% FAT 53.73% CARBS 23.32%

Properties

Glycemic Index:41, Glycemic Load:3.28, Inflammation Score:-9, Nutrition Score:39.455217548039%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 712.02kcal (35.6%), Fat: 43.93g (67.59%), Saturated Fat: 10.8g (67.5%), Carbohydrates: 42.91g (14.3%), Net Carbohydrates: 31.26g (11.37%), Sugar: 10.09g (11.22%), Cholesterol: 91.45mg (30.48%), Sodium: 1191.9mg (51.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.22g (84.44%), Vitamin B3: 16.02mg (80.1%), Vitamin B6: 1.48mg (73.89%), Selenium: 48.16µg (68.8%), Vitamin K: 67.17µg (63.97%), Phosphorus: 556.47mg (55.65%), Folate: 198.98µg (49.74%), Vitamin A: 2401.21IU (48.02%), Fiber: 11.65g (46.62%), Manganese: 0.93mg (46.34%), Vitamin C: 37.24mg (45.14%), Potassium: 1471.12mg (42.03%), Vitamin E: 5.54mg (36.93%), Vitamin B2: 0.57mg (33.66%), Vitamin B1: 0.47mg (31.22%), Zinc: 4.61mg (30.74%), Vitamin B5: 2.98mg (29.76%), Calcium: 290.83mg (29.08%), Magnesium: 115.67mg (28.92%), Copper: 0.49mg (24.59%), Iron: 4.19mg (23.29%), Vitamin B12: 0.89µg (14.84%), Vitamin D: 0.62µg (4.14%)