



Turkey and Blistered Green Chile Burger

READY IN



40 min.

SERVINGS



4

CALORIES



842 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 brioche burger buns
- 2 teaspoons dijon mustard plus more for serving
- 4 cloves garlic
- 0.5 teaspoon ground cumin
- 4 servings kosher salt
- 4 servings kosher salt and freshly cracked pepper black
- 1 pound pd of ground turkey lean (breast and thigh)
- 4 slices monterrey jack cheese
- 4 servings olive oil

- 4 servings olive oil extra-virgin
- 0.3 teaspoon paprika
- 1 large poblano pepper
- 1 medium onion red julienned
- 0.5 large pepper red julienned
- 1 stick butter unsalted
- 1 pinch pepper white
- 2 teaspoons worcestershire sauce
- 0.5 large pepper yellow julienned

Equipment

- frying pan
- oven
- mixing bowl
- grill
- broiler
- skewers

Directions

- Watch how to make this recipe.
- Special equipment: 4 bamboo skewers
- Preheat the oven to 350 degrees F. Preheat the grill to medium-high heat.
- Place the garlic in a small saute pan and set over medium heat.
- Add the butter and warm through. Cook the garlic until fragrant, 4 to 5 minutes. Then place the garlic butter in the fridge to firm up again.
- For the blistered chile: Toss the poblano with olive oil to coat.
- Place the pepper under the broiler or char on the grill over a direct flame until the skin blisters. When done, remove the seeds, stem and roughly chop. Reserve.
- For the onions and peppers: Set a large saute pan over high heat.

- Add a drizzle of olive oil and saute the onions and bell peppers until wilted, 5 to 6 minutes. Season with the paprika and some salt and pepper.
- For the turkey burgers: In a large mixing bowl, combine the turkey, mustard, Worcestershire, cumin, white pepper and the reserved blistered chile.
- Sprinkle with kosher salt.
- Mix gently until well combined. Form into four 4-ounce burger patties. Wipe the grill down with oil-blotted towels, and then place the burgers on the hot grill and cook for 3 to 4 minutes. Flip the burgers, top with a slice of cheese and cook until cooked through and cheese has melted, 3 to 4 minutes. Set aside and allow to rest.
- Smear the buns with the garlic butter. Grill the buns until golden and crispy, 20 to 30 seconds on each side.
- To build the burgers, place 1 grilled turkey burger on the bottom half of the bun. Then top with a good heaping of sauteed onions and peppers. Finish with the top half of the bun and skewer to hold all of it together.
- Serve with extra mustard on the side.

Nutrition Facts

PROTEIN 18.49%

FAT 67.07%

CARBS 14.44%

Properties

Glycemic Index:60, Glycemic Load:14.17, Inflammation Score:-9, Nutrition Score:30.374348080677%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 2.33mg, Luteolin: 2.33mg, Luteolin: 2.33mg, Luteolin: 2.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 842.04kcal (42.1%), Fat: 63.67g (97.95%), Saturated Fat: 24.71g (154.43%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 28.01g (10.19%), Sugar: 6.68g (7.42%), Cholesterol: 148.03mg (49.34%), Sodium: 900.63mg (39.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.48g (78.97%), Vitamin C: 105.83mg (128.28%), Vitamin B3: 13.56mg (67.8%), Vitamin B6: 1.29mg (64.41%), Selenium: 42.64µg (60.92%), Phosphorus: 469.85mg (46.98%), Vitamin A: 1859.83IU (37.2%), Vitamin E: 5.49mg (36.63%), Calcium: 308.88mg (30.89%), Vitamin B1: 0.38mg (25.19%), Vitamin K: 25.98µg (24.74%), Vitamin B2: 0.42mg (24.65%), Zinc: 3.44mg (22.94%),

Manganese: 0.46mg (22.93%), Folate: 80.78µg (20.19%), Iron: 3.56mg (19.76%), Potassium: 668.39mg (19.1%),
Magnesium: 66.53mg (16.63%), Vitamin B12: 0.94µg (15.75%), Vitamin B5: 1.29mg (12.95%), Fiber: 2.83g (11.33%),
Copper: 0.21mg (10.65%), Vitamin D: 1.05µg (6.97%)