



Turkey and Oat Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes drained chopped canned
- ☐ 1 tablespoon chili powder
- ☐ 4 curly kale leaves
- ☐ 2 large egg whites lightly beaten
- ☐ 1.5 pounds pd of ground turkey
- ☐ 1 cup oats
- ☐ 1.3 teaspoons salt
- ☐ 12 ounce sandwich rolls toasted

- ☐ 1.5 inch tomatoes
- ☐ 1 cup onion finely chopped

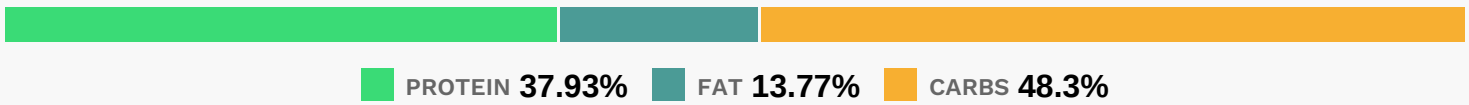
Equipment

- ☐ grill pan

Directions

- ☐ Combine first 7 ingredients. Divide mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a grill pan coated with cooking spray over medium-high heat.
- ☐ Add patties; cook 6 minutes on each side or until done.
- ☐ Place 1 patty on bottom half of each roll; top each serving with 1 lettuce leaf, 1 tomato slice, and top half of roll.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:4.52, Inflammation Score:-8, Nutrition Score:26.545217493306%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 385.85kcal (19.29%), Fat: 5.97g (9.18%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 47.08g (15.69%), Net Carbohydrates: 42.27g (15.37%), Sugar: 5.76g (6.4%), Cholesterol: 62.37mg (20.79%), Sodium: 987mg (42.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.98g (73.95%), Selenium: 54.21µg (77.44%), Vitamin B3: 14.64mg (73.21%), Vitamin B6: 1.18mg (59.01%), Manganese: 0.95mg (47.69%), Phosphorus: 407.25mg (40.72%), Vitamin B1: 0.48mg (31.77%), Vitamin B2: 0.44mg (25.89%), Vitamin A: 1292.36IU (25.85%), Iron: 4.6mg (25.53%), Zinc: 3.32mg (22.14%), Magnesium: 87.48mg (21.87%), Folate: 86.88µg (21.72%), Potassium: 741.44mg (21.18%), Fiber: 4.81g (19.23%), Copper: 0.37mg (18.54%), Vitamin K: 17.96µg (17.11%), Vitamin B5: 1.64mg (16.45%), Vitamin E:

1.77mg (11.79%), Vitamin C: 8.57mg (10.39%), Calcium: 101.93mg (10.19%), Vitamin B12: 0.59µg (9.8%), Vitamin D: 0.45µg (3.02%)