



Turkey Bacon Double Cheese Burgers with Fire Roasted Tomato Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



919 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 15 ounce canned tomatoes diced drained canned
- ☐ 1 tablespoon chipotle chili powder
- ☐ 1 handful cilantro leaves finely chopped
- ☐ 2 tablespoon grainy mustard
- ☐ 2 green onions finely chopped
- ☐ 2.5 pounds ground turkey breast
- ☐ 2 juice of lime

- ☐ 4 servings olive oil extra-virgin for drizzling plus 1 tablespoon
- ☐ 8 slices pepper jack cheese
- ☐ 1 onion red chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 large sandwich size muffins english lightly toasted
- ☐ 1.5 teaspoons paprika smoked sweet
- ☐ 8 slices at least of turkey bacon
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ frying pan
- ☐ pot
- ☐ aluminum foil

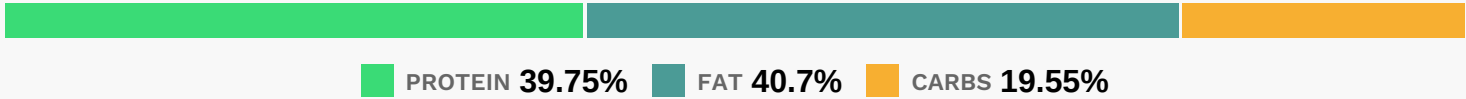
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a drizzle of olive oil in a large nonstick skillet over medium to medium-high heat and add the turkey bacon. Cook until crisp, 3 minutes on each side, remove to plate.
- ☐ While the bacon cooks, combine the turkey breast, green onions, cilantro, chipotle, paprika, salt and pepper, lime zest and juice.
- ☐ Mix the turkey breast with seasonings and form 4 sections, from each, 2 patties.
- ☐ Place the first 4 patties in the pan; cook 3 to 4 minutes on each side.
- ☐ Remove from the skillet and place onto a plate and loosely cover with foil to keep warm
- ☐ While the first batch of burgers cook heat 1 tablespoon oil in a sauce pot over medium-high heat.
- ☐ Add onions and soften 3 to 4 minutes, season with salt and pepper and then add Worcestershire, brown sugar, tomatoes, and mustard.
- ☐ Let the sauce cook on low.
- ☐ Add the second batch of burgers to the skillet and cook 3 to 4 minutes on each side. Top with a slice of cheese and 2 pieces bacon. Tent skillet with foil and cook on low to moderate heat

to melt cheese, about 1 minute.

- ☐
- Place burgers on muffin bottoms. Top with bacon double cheese burgers, fire roasted tomato sauce and English muffin top.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:19.31, Inflammation Score:-9, Nutrition Score:39.173913126406%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 918.85kcal (45.94%), Fat: 41.79g (64.29%), Saturated Fat: 13.9g (86.91%), Carbohydrates: 45.15g (15.05%), Net Carbohydrates: 40.77g (14.83%), Sugar: 10.81g (12.01%), Cholesterol: 220.74mg (73.58%), Sodium: 1640.44mg (71.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 91.81g (183.63%), Vitamin B3: 29.92mg (149.62%), Vitamin B6: 2.69mg (134.33%), Selenium: 79.27µg (113.24%), Phosphorus: 1066.8mg (106.68%), Zinc: 7.76mg (51.74%), Calcium: 422.45mg (42.24%), Vitamin B2: 0.67mg (39.48%), Vitamin A: 1926.08IU (38.52%), Potassium: 1245.87mg (35.6%), Magnesium: 128.23mg (32.06%), Vitamin B12: 1.92µg (31.97%), Vitamin B5: 2.97mg (29.68%), Iron: 5.32mg (29.53%), Vitamin K: 30.22µg (28.78%), Vitamin E: 3.72mg (24.8%), Vitamin B1: 0.35mg (23.14%), Manganese: 0.37mg (18.55%), Copper: 0.36mg (17.95%), Fiber: 4.37g (17.5%), Folate: 66.9µg (16.73%), Vitamin C: 10.51mg (12.74%), Vitamin D: 1.5µg (9.99%)