



 **64%**
HEALTH SCORE

Turkey Black Bean Burgers with Corny Salsa

 **Gluten Free**  **Very Healthy**

READY IN



35 min.

SERVINGS



4

CALORIES



837 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced pitted peeled halved for serving
- 15 ounce black beans rinsed mashed drained canned
- 1 tablespoon chile powder
- 1 cup corn kernels frozen thawed
- 3 tablespoons cilantro leaves fresh chopped
- 0.3 cup garlic powder
- 1 tablespoon ground cumin
- 1.3 pounds pd of ground turkey

- 1 jalapeno seeded chopped
- 2 tablespoons juice of lime
- 0.3 cup olive oil
- 1 tablespoon olive oil
- 1 small onion finely chopped
- 0.3 cup onion powder
- 0.3 cup pepper
- 1 cup salt
- 4 servings cup heavy whipping cream sour for serving
- 4 large tomatoes diced ripe
- 1 cup tortilla chips crushed

Equipment

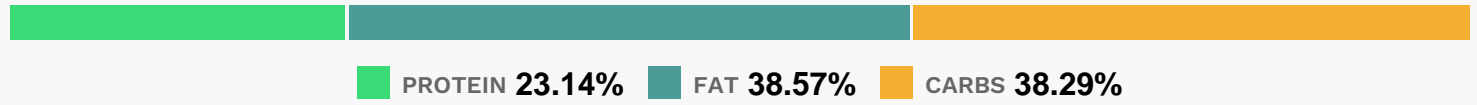
- bowl
- frying pan
- paper towels
- oven

Directions

- For the salsa: In a large bowl, combine all of the ingredients and stir them together. Cover the container and chill the salsa until ready to use.
- For the burgers: Preheat the oven to 350 degrees F.
- Heat the olive oil in a large skillet over medium-high heat. In a large bowl, combine the turkey, beans, tortilla chips, House Seasoning, chile powder, and cumin. Use your hands to form the mixture into 8 equal sized patties, working in batches if necessary. Cook the patties until no longer pink in the middle, 4 to 5 minutes per side.
- Transfer the skillet to the oven and bake for 2 to 3 minutes.
- Transfer the patties to a paper towel-lined plate to drain.
- To serve: Spoon the Corny Salsa mixture over the burgers. Top with avocado slices and sour cream.

Combine all the ingredients. Store in an airtight container at room temperature for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:4.96, Inflammation Score:-10, Nutrition Score:50.117391347885%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 836.6kcal (41.83%), Fat: 37.92g (58.34%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 84.69g (28.23%), Net Carbohydrates: 62.03g (22.56%), Sugar: 9.68g (10.75%), Cholesterol: 85.04mg (28.35%), Sodium: 29022.15mg (1261.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.2g (102.4%), Manganese: 2.89mg (144.43%), Vitamin B6: 2.04mg (102.19%), Fiber: 22.66g (90.65%), Vitamin B3: 17.73mg (88.63%), Phosphorus: 726.44mg (72.64%), Vitamin K: 69.79µg (66.46%), Potassium: 2099.13mg (59.98%), Selenium: 40.78µg (58.25%), Vitamin C: 43.29mg (52.47%), Magnesium: 200.18mg (50.05%), Vitamin A: 2478.19IU (49.56%), Iron: 8.71mg (48.39%), Vitamin E: 6.9mg (46.03%), Folate: 183.31µg (45.83%), Copper: 0.91mg (45.74%), Zinc: 5.44mg (36.25%), Vitamin B1: 0.53mg (35.55%), Vitamin B5: 3.26mg (32.58%), Vitamin B2: 0.54mg (31.68%), Calcium: 257.05mg (25.71%), Vitamin B12: 0.75µg (12.47%), Vitamin D: 0.57µg (3.78%)