



Turkey Burger

READY IN



35 min.

SERVINGS



4

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices beefsteak tomatoes
- ☐ 4 burger buns seeded
- ☐ 4 servings boston lettuce
- ☐ 8 ounce water chestnuts drained coarsely chopped canned
- ☐ 4 slices cheddar
- ☐ 0.5 bunch cilantro leaves fresh finely chopped
- ☐ 1 inch ginger fresh grated peeled
- ☐ 2 cloves garlic smashed finely chopped
- ☐ 1.5 pounds pd of ground turkey

- ☐ 4 servings kosher salt
- ☐ 0.3 cup mayo mixed with 2 teaspoons sambal oelek
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 onion cut into 1/4-inch dice
- ☐ 4 slices onion raw red
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon sambal oelek
- ☐ 1 tablespoon sambal oelek

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ broiler
- ☐ toaster

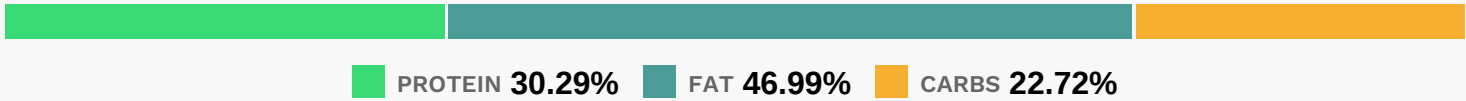
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 200 degrees F to keep the first batch of burgers warm.
- ☐ For the burgers: Coat a large saute pan with olive oil.
- ☐ Add the onions, season with salt and bring to a medium-high heat. Cook the onions until they are soft and very aromatic, 7 to 8 minutes.
- ☐ Add the garlic and cook for 1 to 2 minutes. Turn off the heat and let cool.
- ☐ In a large mixing bowl, combine the turkey, soy sauce, sambal oelek, ginger, water chestnuts, cilantro and the cooked onions and garlic. (Reserve the onion pan to cook the burgers in later.)
- ☐ Add one-quarter to one-half cup water; this will help the burgers stay nice and moist. Using your hands, squish everything together until they are really well combined.
- ☐ Make and cook a little tester patty to be sure that the turkey is really well seasoned. Re-season if needed. If the burger is missing salt add more soy or just give a little sprinkey dink of

salt.

- ☐ When the burger mix is seasoned appropriately, form the mix into 4 equal size patties.
- ☐ Coat the saute pan with new olive oil and bring to a medium-high heat.
- ☐ Place the burgers in the pan. Be sure not to crowd the pan, if you need to work in batches go ahead! Cook the burgers for 5 to 6 minutes on each side.
- ☐ Place the cheese, if using, on the burger and cook for 1 more minute.
- ☐ Toast the buns in a broiler or toaster. Schmear each side of the bun lightly with the sambaal mayo. Put a burger on each of the bottom buns and top each burger with tomato, onion and lettuce. Close up each burger, give each one a little squish and eat em' up!

Nutrition Facts



Properties

Glycemic Index:80.75, Glycemic Load:14.18, Inflammation Score:-7, Nutrition Score:29.443043501481%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

Nutrients (% of daily need)

Calories: 672.5kcal (33.62%), Fat: 35.39g (54.44%), Saturated Fat: 8.06g (50.4%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 34.59g (12.58%), Sugar: 7.54g (8.38%), Cholesterol: 116.43mg (38.81%), Sodium: 1512.8mg (65.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.32g (102.64%), Vitamin B3: 19.3mg (96.52%), Vitamin B6: 1.74mg (87.08%), Selenium: 55.61µg (79.44%), Phosphorus: 562.19mg (56.22%), Vitamin K: 38.29µg (36.46%), Zinc: 4.45mg (29.68%), Vitamin B2: 0.44mg (26.08%), Vitamin B1: 0.39mg (25.84%), Manganese: 0.5mg (25.23%), Iron: 4.19mg (23.3%), Potassium: 789.21mg (22.55%), Vitamin E: 3.33mg (22.18%), Calcium: 208.55mg (20.86%), Magnesium: 80.07mg (20.02%), Vitamin B12: 1.15µg (19.17%), Folate: 75.63µg (18.91%), Vitamin B5: 1.84mg (18.43%), Fiber: 3.92g (15.7%), Copper: 0.29mg (14.48%), Vitamin C: 5.76mg (6.99%), Vitamin A: 332.29IU (6.65%), Vitamin D: 0.81µg (5.4%)