



Turkey Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup carrots shredded
- 1 eggs
- 1 teaspoon garlic organic minced
- 2 spring onion chopped
- 1 lb pd of ground turkey lean
- 0.5 cup panko bread crumbs
- 1 bell pepper red for garnish. cut into rings if desired
- 4 servings salt and pepper to taste

- 0.5 teaspoon paprika smoked
- 0.3 cup pkt spinach chopped
- 1 tablespoon tomato paste
- 1 medium zucchini grated

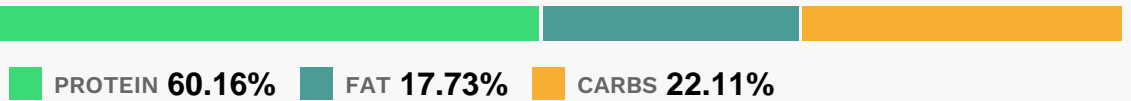
Equipment

- bowl
- oven
- kitchen thermometer

Directions

- Mix all ingredients in a large bowl. Don't overwork it – just combine enough to have it well mixed. Form 4–6 round patties. Cook on med-high heat until done. If unsure, insert a thermometer – 165 F is the temp. you are aiming for. For roasted red pepper rings, seed and slice red pepper, spritz with olive oil and bake at 425 for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:61.96, Glycemic Load:1.23, Inflammation Score:-9, Nutrition Score:22.677391304348%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Taste

Sweetness: 27.38%, Saltiness: 100%, Sourness: 17.16%, Bitterness: 15.38%, Savoriness: 62.21%, Fattiness: 50.99%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 199.16kcal (9.96%), Fat: 3.99g (6.14%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 9.07g (3.3%), Sugar: 4.03g (4.48%), Cholesterol: 103.29mg (34.43%), Sodium: 367.11mg (15.96%),

Protein: 30.5g (60.99%), Vitamin B3: 12.3mg (61.52%), Vitamin C: 50.09mg (60.72%), Vitamin B6: 1.21mg (60.38%), Vitamin A: 2873.54IU (57.47%), Selenium: 30.85µg (44.08%), Phosphorus: 329.11mg (32.91%), Vitamin K: 27.29µg (25.99%), Potassium: 657mg (18.77%), Vitamin B2: 0.29mg (17.29%), Zinc: 2.58mg (17.17%), Vitamin B5: 1.45mg (14.46%), Folate: 57.33µg (14.33%), Magnesium: 55.78mg (13.94%), Vitamin B1: 0.2mg (13.34%), Manganese: 0.27mg (13.29%), Vitamin B12: 0.7µg (11.71%), Iron: 2.09mg (11.6%), Fiber: 2.14g (8.56%), Copper: 0.15mg (7.68%), Vitamin E: 1.1mg (7.33%), Calcium: 45.52mg (4.55%), Vitamin D: 0.67µg (4.49%)