



## Turkey Burgers

 Dairy Free

READY IN



41 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14 ounces ground turkey meat 93% lean
- 2 tablespoons balsamic vinegar
- 4 servings pepper black freshly ground
- 1 clove garlic
- 6 ounces ground sirloin lean
- 2 teaspoons hot sauce
- 4 servings catsup
- 4 servings kosher salt

- 4 servings lettuce
- 4 servings mustard
- 2 tablespoons olive oil
- 1 large onion thinly sliced
- 4 pita bread whole-wheat toasted
- 4 servings tomatoes
- 2 teaspoons worcestershire sauce

## Equipment

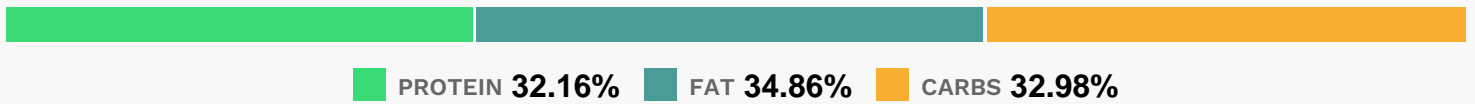
- bowl
- frying pan
- oven
- knife
- whisk
- mixing bowl
- baking pan
- kitchen thermometer

## Directions

- Preheat the oven to 375 degrees F.
- Smash the garlic cloves, sprinkle with some salt, and, with the flat side of a large knife, mash and smear the mixture to a coarse paste.
- Whisk the garlic with the balsamic, Worcestershire, and hot sauce in a small bowl.
- Crumble the turkey and beef into a large mixing bowl.
- Pour the garlic mixture over the meat and form into 4 (5-ounce) burgers. Cover and set aside while you cook the onions.
- Meanwhile, heat 1 tablespoon of the olive oil in a skillet over medium-high heat.
- Add the onion and cook, stirring occasionally, until browned but not mushy, about 15 minutes. Season the onions with the remaining teaspoon of balsamic and salt and pepper, to taste.

- Heat a large nonstick skillet over medium-high heat for a minute.
- Brush 1 side of the burgers with the oil and season with salt and pepper, to taste. Cook seasoned side down until browned, about 2 minutes.
- Brush and season the top of the burgers, flip and cook until other side is brown, about 2 minutes more.
- Transfer burgers to a baking dish and bake until an instant-read thermometer inserted sideways into the burgers registers 160 degrees F, about 5 minutes.
- Place the burgers on the buns or in pita and let rest for a few minutes.
- Serve with the caramelized onions and garnishes of your choice.

## Nutrition Facts



### Properties

Glycemic Index:60.25, Glycemic Load:3.9, Inflammation Score:-9, Nutrition Score:31.602608628895%

### Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 10.06mg, Quercetin: 10.06mg, Quercetin: 10.06mg, Quercetin: 10.06mg

### Nutrients (% of daily need)

Calories: 471.79kcal (23.59%), Fat: 18.73g (28.82%), Saturated Fat: 4.67g (29.18%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 34g (12.36%), Sugar: 15.69g (17.43%), Cholesterol: 83.49mg (27.83%), Sodium: 783mg (34.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.89g (77.77%), Vitamin B3: 15.12mg (75.59%), Vitamin B6: 1.31mg (65.26%), Selenium: 45.17µg (64.52%), Manganese: 0.9mg (45.24%), Phosphorus: 438.87mg (43.89%), Vitamin A: 2058.46IU (41.17%), Vitamin K: 42.76µg (40.72%), Vitamin C: 32.68mg (39.61%), Potassium: 1186.93mg (33.91%), Zinc: 4.71mg (31.4%), Folate: 122.47µg (30.62%), Vitamin B1: 0.42mg (28.24%), Iron: 4.78mg (26.56%), Vitamin B2: 0.41mg (24.1%), Vitamin B12: 1.43µg (23.89%), Fiber: 5.88g (23.53%), Magnesium: 92.17mg (23.04%), Copper: 0.36mg (17.76%), Vitamin E: 2.65mg (17.66%), Vitamin B5: 1.65mg (16.45%), Calcium: 107.67mg (10.77%), Vitamin D: 0.44µg (2.93%)