



## Turkey Burgers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound ground meat turkey
- 0.3 teaspoon pepper black freshly ground
- 1 garlic clove minced
- 0.3 teaspoon ground cumin
- 1 pinch kosher salt
- 0.5 teaspoon paprika

### Equipment

- bowl

grill

## Directions

- In medium bowl, gently mix together turkey, garlic, paprika, and cumin.
- Form turkey into 4 (4-inch) patties; season with salt and pepper.
- Heat grill to medium-high; cook, turning once, until burgers are just cooked through (about 7 minutes per side).
- Serve with desired toppings and buns.

## Nutrition Facts

**PROTEIN 49.32%** **FAT 49.49%** **CARBS 1.19%**

## Properties

Glycemic Index:20.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:9.6134782524213%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 172.7kcal (8.64%), Fat: 9.53g (14.65%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.04g (0.04%), Cholesterol: 83.91mg (27.97%), Sodium: 88.47mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.72%), Selenium: 21.68µg (30.97%), Vitamin B3: 6.18mg (30.9%), Vitamin B12: 1.36µg (22.68%), Phosphorus: 221.61mg (22.16%), Vitamin B6: 0.41mg (20.62%), Zinc: 2.9mg (19.31%), Vitamin B2: 0.21mg (12.61%), Vitamin B5: 1.15mg (11.46%), Iron: 1.49mg (8.26%), Potassium: 254.14mg (7.26%), Copper: 0.13mg (6.41%), Magnesium: 25.12mg (6.28%), Vitamin B1: 0.08mg (5.28%), Vitamin A: 208.25IU (4.17%), Vitamin D: 0.45µg (3.02%), Calcium: 27.47mg (2.75%), Manganese: 0.05mg (2.29%), Folate: 8.12µg (2.03%), Vitamin E: 0.2mg (1.36%)