

Turkey Burgers

 Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 packet onion soup mix dry
- 0.5 teaspoon pepper black
- 1 pound pd of ground turkey
- 0.5 teaspoon salt
- 0.5 cup water

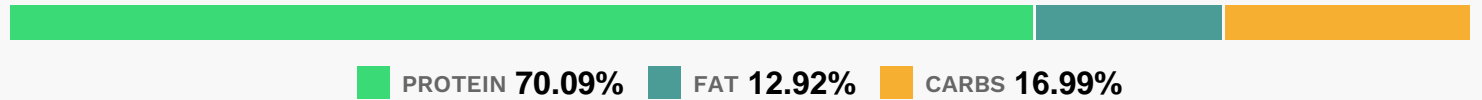
Equipment

- bowl
- grill

Directions

- Preheat a grill for high heat.
- In a large bowl, combine the ground turkey, soup mix, and water. Season with salt and pepper.
- Mix lightly using your hands, and form into 4 patties.
- Lightly oil the grill grate. Grill patties 5 to 10 minutes per side, until well done.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:11.826086994099%

Nutrients (% of daily need)

Calories: 156.93kcal (7.85%), Fat: 2.25g (3.47%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 5.94g (2.16%), Sugar: 0.47g (0.52%), Cholesterol: 62.37mg (20.79%), Sodium: 1153.15mg (50.14%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 27.5g (55%), Vitamin B3: 11.16mg (55.79%), Vitamin B6: 1.03mg (51.54%), Selenium: 25.57µg (36.53%), Phosphorus: 278.91mg (27.89%), Zinc: 2.11mg (14.1%), Potassium: 410.01mg (11.71%), Vitamin B5: 1.09mg (10.87%), Magnesium: 39.62mg (9.9%), Vitamin B12: 0.58µg (9.64%), Vitamin B2: 0.15mg (8.64%), Vitamin B1: 0.1mg (6.57%), Iron: 1.02mg (5.69%), Copper: 0.11mg (5.47%), Manganese: 0.11mg (5.3%), Vitamin D: 0.45µg (3.02%), Fiber: 0.72g (2.89%), Folate: 9.11µg (2.28%), Calcium: 19.88mg (1.99%)