



Turkey Burgers Filled with Brie and Grilled Granny Smith Apples

READY IN



20 min.

SERVINGS



8

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup arugula
- 2 inch brie cheese
- 1 large apples i use 2 granny smith apples cored sliced
- 1.3 pounds pd of ground turkey
- 1 loaf bread french italian
- 8 servings kosher salt and pepper black freshly ground
- 8 servings olive oil for brushing the turkey burgers
- 1 tablespoon vegetable oil

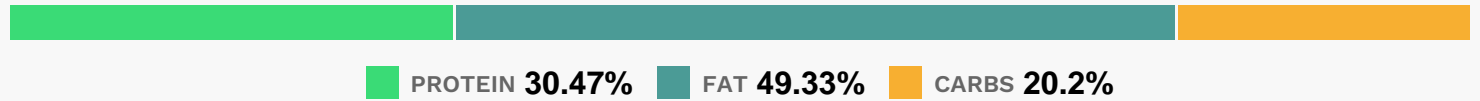
Equipment

grill

Directions

- Preheat a gas or charcoal grill to high. Shape the ground turkey into 4 round patties about 1 1/2-inches thick. Make a small indentation in the center of each patty, place 1 cube of cheese in it, and press the turkey up and around, to cover it.
- Brush both sides of the burger lightly with the olive oil and season with salt and pepper.
- Grill until cooked through, about 4 minutes on each side.
- While the burgers are cooking, brush the apples on both sides with vegetable oil and grill until golden, about 2 minutes on each side.
- Split the bread and toast on the grill, cut side down, until golden.
- Place a burger on the bottom of each quarter. Top with 1 or 2 apple slices, several sprigs of arugula, and the remaining bread. Arrange the burgers on a platter.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:1.05, Inflammation Score:-3, Nutrition Score:10.86043472912%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 682.61kcal (34.13%), Fat: 36.44g (56.06%), Saturated Fat: 15.59g (97.47%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 30.86g (11.22%), Sugar: 20.47g (22.74%), Cholesterol: 151.07mg (50.36%), Sodium:

408.74mg (17.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.64g (101.27%), Vitamin B3: 9.48mg (47.39%), Vitamin B6: 0.63mg (31.55%), Selenium: 16.29µg (23.27%), Phosphorus: 194.35mg (19.43%), Iron: 3.29mg (18.25%), Folate: 47.38µg (11.85%), Fiber: 2.72g (10.86%), Potassium: 378.79mg (10.82%), Zinc: 1.49mg (9.91%), Vitamin B2: 0.16mg (9.24%), Vitamin B1: 0.13mg (8.81%), Magnesium: 33.77mg (8.44%), Vitamin B12: 0.43µg (7.19%), Vitamin B5: 0.68mg (6.82%), Vitamin K: 6.73µg (6.41%), Vitamin A: 252.19IU (5.04%), Calcium: 42.94mg (4.29%), Copper: 0.05mg (2.63%), Vitamin D: 0.3µg (2.03%), Vitamin C: 1.66mg (2.01%), Manganese: 0.04mg (1.81%), Vitamin E: 0.26mg (1.74%)