



Turkey burgers with beetroot relish

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g ground meat turkey
- ☐ 0.5 tsp thyme dried fresh
- ☐ 1 optional: lemon
- ☐ 250 g beets diced cooked peeled finely (not in vinegar)
- ☐ 1 small onion red finely chopped
- ☐ 2 tbsp parsley chopped
- ☐ 2 tsp olive oil
- ☐ 2 tsp coarse mustard

- ☐ 4 servings lettuce
- ☐ 4 servings day old pita bread

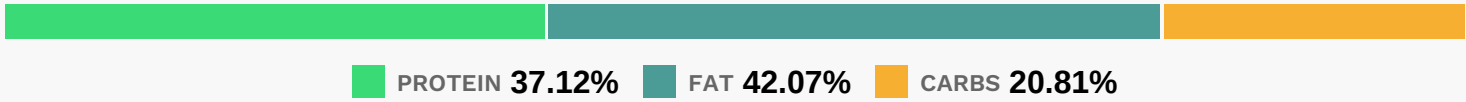
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Tip turkey into a bowl with the thyme. Finely grate in the zest from the lemon and add a little seasoning. Use your hands to mix the ingredients well, then shape into 4 patties. Chill until ready to cook. Can be frozen for up to 1 month.
- ☐ Mix the beetroot with the juice from the lemon, onion, parsley, oil and mustard. Grill, griddle or barbecue the burgers for about 6 mins each side and serve with the beetroot relish, lettuce and pitta breads.

Nutrition Facts



Properties

Glycemic Index:53.13, Glycemic Load:4.25, Inflammation Score:-8, Nutrition Score:20.37521729262%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.21mg, Apigenin: 4.21mg, Apigenin: 4.21mg, Apigenin: 4.21mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 270.87kcal (13.54%), Fat: 13.14g (20.22%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 10.29g (3.74%), Sugar: 7.9g (8.78%), Cholesterol: 92.5mg (30.83%), Sodium: 178.46mg (7.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.1g (52.19%), Vitamin K: 57.25µg (54.52%), Selenium: 25.82µg

(36.89%), Vitamin B3: 7.22mg (36.12%), Phosphorus: 302.3mg (30.23%), Vitamin C: 24.52mg (29.73%), Vitamin B6: 0.58mg (28.92%), Folate: 114.77µg (28.69%), Vitamin B12: 1.5µg (25%), Zinc: 3.64mg (24.27%), Manganese: 0.42mg (20.75%), Potassium: 689.7mg (19.71%), Vitamin B2: 0.3mg (17.43%), Fiber: 4.34g (17.35%), Iron: 2.96mg (16.47%), Vitamin B5: 1.54mg (15.36%), Vitamin A: 733.63IU (14.67%), Magnesium: 54.99mg (13.75%), Copper: 0.23mg (11.63%), Vitamin B1: 0.17mg (11.58%), Calcium: 73.29mg (7.33%), Vitamin E: 0.73mg (4.9%), Vitamin D: 0.5µg (3.33%)