



Turkey Burgers with Brie and Grilled Apples

READY IN



45 min.

SERVINGS



4

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cubes brie cheese
- ☐ 11 large apples i use 2 granny smith apples cored sliced
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 rolls
- ☐ 2 pounds turkey freshly ground
- ☐ 1 tablespoon vegetable oil

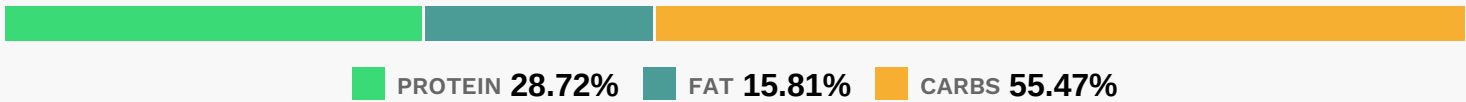
Equipment

- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Shape the meat firmly into 4 round uniform patties about 1 1/2 inches thick. Make a small indentation in the center of each patty and place 1 cube of the cheese in each. Knead the meat slightly to cover the hole.
- ☐ Brush both sides of the burgers lightly with the olive oil and season with salt and pepper to taste.
- ☐ Heat a large cast iron skillet over medium high heat until just smoking. Cook the burgers to your liking.
- ☐ Brush the apples on both sides with the vegetable oil. Grill (in a grill pan) until golden on both sides.
- ☐ Place a burger on the bottom of each roll, top with 1 or 2 apple slices and a dollop of ketchup

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:45.33, Inflammation Score:-7, Nutrition Score:33.20782590949%

Flavonoids

Cyanidin: 9.63mg, Cyanidin: 9.63mg, Cyanidin: 9.63mg, Cyanidin: 9.63mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.97mg, Catechin: 7.97mg, Catechin: 7.97mg, Catechin: 7.97mg Epigallocatechin: 1.59mg, Epigallocatechin: 1.59mg, Epigallocatechin: 1.59mg, Epigallocatechin: 1.59mg Epicatechin: 46.18mg, Epicatechin: 46.18mg, Epicatechin: 46.18mg, Epicatechin: 46.18mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 1.17mg, Epigallocatechin 3-gallate: 1.17mg, Epigallocatechin 3-gallate: 1.17mg, Epigallocatechin 3-gallate: 1.17mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Quercetin: 24.59mg, Quercetin: 24.59mg, Quercetin: 24.59mg, Quercetin: 24.59mg

Nutrients (% of daily need)

Calories: 810.48kcal (40.52%), Fat: 14.84g (22.84%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 117.15g (39.05%), Net Carbohydrates: 101.37g (36.86%), Sugar: 68.11g (75.68%), Cholesterol: 125.74mg (41.91%), Sodium: 614.47mg (26.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.65g (121.31%), Vitamin B3: 22.58mg (112.9%), Vitamin B6: 2.2mg (109.87%), Iron: 13.16mg (73.11%), Selenium: 50.27µg (71.81%), Fiber: 15.78g (63.13%), Phosphorus: 584.16mg (58.42%), Potassium: 1326.82mg (37.91%), Vitamin C: 28.21mg (34.19%), Zinc: 4.26mg (28.41%), Magnesium: 96.64mg (24.16%), Vitamin B5: 2.38mg (23.77%), Vitamin B2: 0.4mg (23.69%), Vitamin K: 21.87µg (20.83%), Vitamin B12: 1.17µg (19.55%), Vitamin B1: 0.25mg (16.37%), Copper: 0.3mg (14.87%), Vitamin E: 2.05mg (13.65%), Manganese: 0.23mg (11.45%), Folate: 37.19µg (9.3%), Vitamin A: 393.77IU (7.88%), Vitamin D: 0.91µg (6.08%), Calcium: 51.98mg (5.2%)