



## Turkey Burgers with Chutney

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb pd of ground turkey
- 1 egg whites
- 0.3 teaspoon salt
- 0.3 teaspoon pepper freshly ground
- 4 hamburger buns whole wheat split
- 4 leaves curly leaf lettuce green
- 0.3 cup mint-cilantro chutney spread shopping list
- 0.3 cup peaches fresh finely chopped

1 tablespoon spring onion finely chopped

## Equipment

bowl

frying pan

kitchen thermometer

## Directions

In medium bowl, mix turkey, egg white, salt and pepper. Shape mixture into 4 patties, 1/2 inch thick.

Spray 12-inch skillet with cooking spray; heat over medium heat.

Add patties; cook 6 to 8 minutes, turning once, until meat thermometer inserted in center of patties reads 165°F.

Meanwhile, in small bowl, mix chutney ingredients until well blended.

On bun bottoms, place lettuce and burgers. Spoon 2 tablespoons chutney on each burger. Cover with bun tops.

## Nutrition Facts



**PROTEIN 46.54%** **FAT 19.97%** **CARBS 33.49%**

## Properties

Glycemic Index:26.06, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:20.035652207292%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 275.01kcal (13.75%), Fat: 6.15g (9.46%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 21.02g (7.65%), Sugar: 4.09g (4.55%), Cholesterol: 62.37mg (20.79%), Sodium: 729.25mg (31.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.22g (64.44%), Vitamin B3: 13.2mg (65.98%), Selenium: 41.24µg (58.92%), Vitamin B6: 1.03mg (51.56%), Vitamin A: 1622.87IU (32.46%), Phosphorus: 321.22mg (32.12%), Manganese: 0.53mg (26.36%), Vitamin K: 23.36µg (22.25%), Vitamin B1: 0.29mg (19.54%), Vitamin B2: 0.31mg (18.15%), Zinc: 2.53mg (16.89%), Folate: 66.58µg (16.65%), Iron: 2.86mg (15.89%), Magnesium: 56.94mg (14.23%), Potassium: 468.37mg (13.38%), Vitamin B5: 1.28mg (12.75%), Vitamin B12: 0.59µg (9.83%), Copper: 0.18mg (9.1%), Fiber: 2.16g (8.65%), Vitamin C: 4.98mg (6.04%), Calcium: 54.13mg (5.41%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.25mg (1.64%)