



Turkey Burgers with Chutney

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 egg whites
- 1 tablespoon spring onion finely chopped
- 1 lb pd of ground turkey
- 4 hamburger buns whole wheat split
- 4 leaves curly leaf lettuce green
- 0.3 cup cranberries
- 0.3 cup peaches fresh finely chopped
- 0.3 teaspoon pepper freshly ground

0.3 teaspoon salt

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 165F.

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 48.49% **FAT 16.9%** **CARBS 34.61%**

Properties

Glycemic Index:37.31, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:19.783478197844%

Flavonoids

Cyanidin: 4.12mg, Cyanidin: 4.12mg, Cyanidin: 4.12mg, Cyanidin: 4.12mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg 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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.08mg,

Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 261.45kcal (13.07%), Fat: 5g (7.69%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 23.03g (7.68%), Net Carbohydrates: 20.57g (7.48%), Sugar: 4.45g (4.94%), Cholesterol: 62.37mg (20.79%), Sodium: 427.89mg (18.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.26g (64.52%), Vitamin B3: 13.2mg (66.02%), Selenium: 41.25µg (58.93%), Vitamin B6: 1.04mg (51.79%), Phosphorus: 322.14mg (32.21%), Manganese: 0.56mg (27.86%), Vitamin A: 1164.55IU (23.29%), Vitamin K: 23.78µg (22.64%), Vitamin B1: 0.29mg (19.61%), Vitamin B2: 0.31mg (18.24%), Zinc: 2.54mg (16.94%), Folate: 66.67µg (16.67%), Iron: 2.88mg (16%), Magnesium: 57.44mg (14.36%), Potassium: 475.03mg (13.57%), Vitamin B5: 1.3mg (13%), Fiber: 2.46g (9.85%), Vitamin B12: 0.59µg (9.83%), Copper: 0.19mg (9.33%), Calcium: 54.8mg (5.48%), Vitamin C: 3.31mg (4.01%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.36mg (2.37%)