



Turkey Burgers with Cranberry-Peach Chutney

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 large egg whites
- 11.2 ounce hamburger buns gluten-free toasted
- 1 tablespoon spring onion finely chopped
- 1 pound pd of ground turkey
- 4 romaine leaves
- 0.3 cup cranberries prepared
- 0.3 cup peaches peeled finely chopped

0.3 teaspoon salt

Equipment

bowl

frying pan

kitchen thermometer

Directions

Combine first 3 ingredients in a small bowl, stirring well to blend. Set aside.

Combine turkey and next 3 ingredients. Divide turkey mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.

Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.

Add patties; cook 3 to 4 minutes on each side or until a thermometer registers 16

Place 1 lettuce leaf on bottom half of each bun; top each with 1 patty and 2 tablespoons cranberry mixture. Top each with 1 bun top.

Nutrition Facts



Properties

Glycemic Index:37.31, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:14.742608599041%

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 Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 331.68kcal (16.58%), Fat: 6.48g (9.96%), Saturated Fat: 1.95g (12.22%), Carbohydrates: 40.61g (13.54%), Net Carbohydrates: 37.95g (13.8%), Sugar: 4.56g (5.07%), Cholesterol: 62.37mg (20.79%), Sodium: 636.59mg (27.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.93g (59.86%), Vitamin B3: 11.23mg (56.17%), Vitamin B6: 1.01mg (50.27%), Selenium: 27.15µg (38.78%), Vitamin A: 1867.78IU (37.36%), Phosphorus: 270.1mg (27.01%), Zinc: 2.09mg (13.94%), Potassium: 422.69mg (12.08%), Vitamin B2: 0.19mg (10.96%), Fiber: 2.67g (10.67%), Vitamin B5: 1.06mg (10.61%), Vitamin B12: 0.59µg (9.76%), Magnesium: 38.96mg (9.74%), Iron: 1.53mg (8.49%), Vitamin C: 6.29mg (7.63%), Manganese: 0.14mg (6.81%), Vitamin B1: 0.1mg (6.65%), Folate: 20.36µg (5.09%), Copper: 0.09mg (4.27%), Vitamin K: 4.11µg (3.92%), Calcium: 34.18mg (3.42%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.36mg (2.43%)