



Turkey Burgers with Grated Zucchini and Carrot

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 small leaves boston lettuce
- ☐ 1 medium carrots grated
- ☐ 4 slices top
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 1 large eggs
- ☐ 2 cloves garlic finely chopped

- ☐ 0.8 pound pd of ground turkey
- ☐ 0.8 teaspoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 1 medium zucchini grated

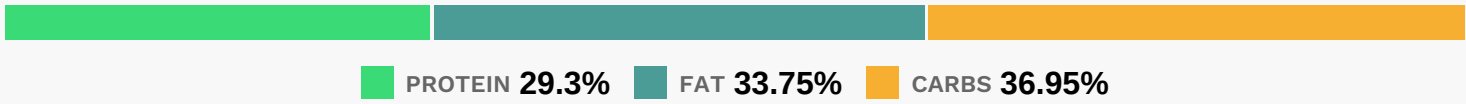
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Heat broiler.In a large bowl, combine the turkey, zucchini, carrot, garlic, thyme, salt, pepper, and egg. Form the mixture into 4 patties.
- ☐ Heat 1 tablespoon of the oil in a large skillet over medium heat. Cook the patties, turning once, until no trace of pink remains, 4 to 5 minutes per side.Meanwhile, place the bread on a baking sheet and brush with the remaining oil. Broil until golden brown and crisp, about 1 1/2 minutes.
- ☐ Transfer the bread to individual plates. Top with the lettuce leaves and burgers. If using, combine the mayonnaise and lemon juice in a small bowl and serve with the burgers.Upgrade: For extra zest, rub the bread with the cut side of a peeled, halved garlic clove immediately after removing the bread from the oven.

Nutrition Facts



Properties

Glycemic Index:51.08, Glycemic Load:26.4, Inflammation Score:-10, Nutrition Score:24.517391173736%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol:

0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 399.63kcal (19.98%), Fat: 15.15g (23.3%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 37.32g (12.44%), Net Carbohydrates: 34.7g (12.62%), Sugar: 5.11g (5.68%), Cholesterol: 93.28mg (31.09%), Sodium: 898.22mg (39.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.6g (59.19%), Vitamin A: 3239.17IU (64.78%), Selenium: 41.37µg (59.1%), Vitamin B3: 11.8mg (58.98%), Vitamin B6: 0.95mg (47.59%), Vitamin B1: 0.56mg (37.13%), Phosphorus: 316.79mg (31.68%), Folate: 117.59µg (29.4%), Vitamin B2: 0.49mg (28.62%), Vitamin K: 29.72µg (28.3%), Manganese: 0.54mg (26.81%), Iron: 4.12mg (22.89%), Zinc: 2.58mg (17.19%), Potassium: 564.81mg (16.14%), Magnesium: 60.26mg (15.06%), Vitamin E: 2.04mg (13.6%), Vitamin B5: 1.33mg (13.29%), Vitamin C: 10.79mg (13.08%), Fiber: 2.62g (10.49%), Copper: 0.2mg (9.95%), Vitamin B12: 0.55µg (9.08%), Calcium: 68.14mg (6.81%), Vitamin D: 0.59µg (3.93%)