



## Turkey Burgers with Roasted Eggplant

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 boston lettuce leaves
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 8 ounce eggplant
- ☐ 2 tablespoons parsley fresh divided finely chopped
- ☐ 1 garlic clove minced
- ☐ 6 ounce hawaiian rolls toasted
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 teaspoon juice of lemon fresh

- ☐ 1 teaspoon soy sauce
- ☐ 0.3 teaspoon yeast extract spread
- ☐ 4 teaspoons olive oil divided
- ☐ 8 slices tomatoes (1/4-inch-thick)
- ☐ 1 pound turkey breast tenderloins cut into 1-inch pieces

## Equipment

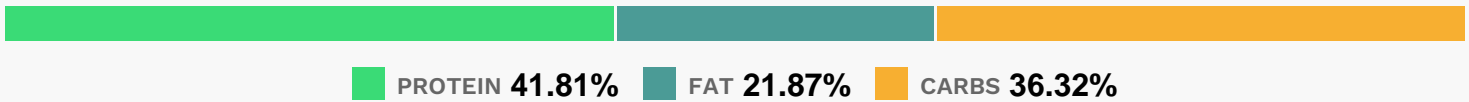
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ meat grinder

## Directions

- ☐ Preheat oven to 400
- ☐ Lightly coat eggplant with cooking spray; wrap eggplant in foil.
- ☐ Place eggplant on a jelly-roll pan; bake at 400 for 45 minutes or until very tender, turning once.
- ☐ Remove from foil; cool slightly.
- ☐ Cut eggplant in half. Carefully scoop out pulp to measure 1 1/4 cups; discard skin.
- ☐ Place pulp in a food processor; process until smooth. Reserve 1/4 cup pureed pulp.
- ☐ Combine remaining pulp, 1 tablespoon parsley, 2 teaspoons oil, juice, and garlic. Stir in 1/2 teaspoon salt and 1/4 teaspoon pepper; set aside.
- ☐ To prepare grinder, place feed shaft, blade, and 1/4-inch die plate in freezer 30 minutes or until well chilled. Assemble the grinder just before grinding.
- ☐ Arrange turkey pieces in a single layer on jelly-roll pan, leaving space between each piece. Freeze 15 minutes or until meat is firm but not frozen.

- ☐ Combine meat and remaining 2 teaspoons oil in large bowl; toss to combine. Pass meat through meat grinder completely. Immediately pass meat through grinder a second time.
- ☐ Combine reserved 1/4 cup eggplant puree, turkey, remaining 1 tablespoon parsley, soy sauce, and Marmite in a large bowl. Divide mixture into 4 equal portions, gently shaping each into a 1/2-inch-thick patty. Press a nickel-sized indentation in the center of each patty. Cover and chill until ready to grill.
- ☐ Preheat grill to medium-high heat.
- ☐ Lightly coat patties with cooking spray; sprinkle with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Place patties on grill rack, and grill 4 minutes until well marked. Carefully turn patties over, and grill 3 minutes or until done.
- ☐ Place 1 patty on bottom half of each bun; top each serving with 1 tablespoon eggplant mixture, 1 lettuce leaf, 1 tomato slice, and top half of bun. (Reserve remaining eggplant mixture for another use.)
- ☐ Wine note: Turkey Burgers with Roasted Eggplant have a rich and meaty flavor, accentuated by the addition of Marmite. This savory, meaty character is often identifiable in the affordable and intriguing reds of France's Languedoc region, like Jean-Luc Colombo Syrah La Violette 2007 (\$12), with chewy black fruit and notes of fresh herbs and smoked meat that pump up the flavor even more. --Jeffery Lindenmuth

## Nutrition Facts



## Properties

Glycemic Index:56, Glycemic Load:13.9, Inflammation Score:-8, Nutrition Score:13.236956471982%

## Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 305.49kcal (15.27%), Fat: 7.45g (11.46%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 24.38g (8.87%), Sugar: 6.73g (7.48%), Cholesterol: 50.62mg (16.87%), Sodium: 785.68mg (34.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.05g (64.1%), Vitamin K: 59.27µg (56.44%), Manganese: 0.51mg (25.51%), Vitamin B1: 0.37mg (24.91%), Vitamin A: 1130.08IU (22.6%), Folate: 89.61µg (22.4%), Selenium: 12.06µg (17.23%), Vitamin C: 13.13mg (15.92%), Vitamin B3: 3.05mg (15.25%), Vitamin B2: 0.24mg (14.05%), Fiber: 3.46g (13.85%), Iron: 2.14mg (11.89%), Potassium: 376.5mg (10.76%), Calcium: 83.22mg (8.32%), Vitamin E: 1.2mg (8.03%), Phosphorus: 79.73mg (7.97%), Vitamin B6: 0.14mg (7.22%), Magnesium: 28.85mg (7.21%), Copper: 0.14mg (6.86%), Zinc: 0.58mg (3.89%), Vitamin B5: 0.27mg (2.69%), Vitamin B12: 0.09µg (1.45%)