



## Turkey Burgers with Smoked Gouda

READY IN



45 min.

SERVINGS



4

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 4 ounces gouda cheese smoked
- ☐ 1.5 pounds pd of ground turkey
- ☐ 4 hamburger buns split
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon horseradish prepared drained
- ☐ 1 onion red cut into 1/3-inch-thick slabs
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 servings vegetable oil for brushing

☐ 2 tablespoons whole-grain mustard

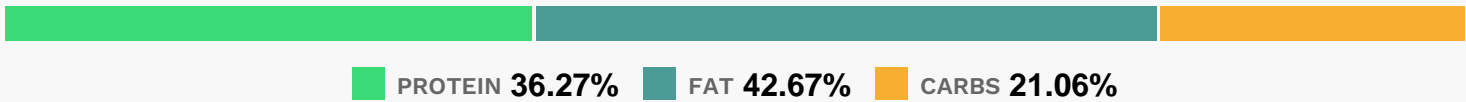
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Light a grill or preheat a grill pan.
- ☐ Brush the onion with oil and grill until charred and softened, about 5 minutes.
- ☐ Brush the cut sides of the buns with oil and grill until toasted, about 30 seconds.
- ☐ Form the ground turkey into four 1-inch-thick patties and brush with oil. Season with salt and pepper and grill over high heat, turning once, until nearly cooked through, about 10 minutes. Top with the Gouda, close the grill and cook until the cheese is melted and the burgers are cooked through, about 1 minute longer.
- ☐ Meanwhile, in a small bowl, combine the mustards, horseradish and honey and spread on the bottom half of the buns. Top with the burgers and onions. Close the burgers and serve right away.

Nutrition Facts



Properties

Glycemic Index:66.82, Glycemic Load:16.03, Inflammation Score:-6, Nutrition Score:27.44695671745%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 575.36kcal (28.77%), Fat: 27.45g (42.24%), Saturated Fat: 8.38g (52.36%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 28.3g (10.29%), Sugar: 9.8g (10.89%), Cholesterol: 125.87mg (41.96%), Sodium:

948.45mg (41.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.51g (105.02%), Vitamin B3: 18.49mg (92.43%), Selenium: 60.06µg (85.8%), Vitamin B6: 1.56mg (77.87%), Phosphorus: 613.94mg (61.39%), Zinc: 4.62mg (30.82%), Calcium: 286.14mg (28.61%), Vitamin K: 28.9µg (27.53%), Vitamin B1: 0.4mg (26.39%), Vitamin B2: 0.42mg (24.92%), Vitamin B12: 1.39µg (23.17%), Magnesium: 80.31mg (20.08%), Potassium: 668.82mg (19.11%), Manganese: 0.37mg (18.71%), Iron: 3.25mg (18.06%), Folate: 68.76µg (17.19%), Vitamin B5: 1.69mg (16.9%), Vitamin E: 1.52mg (10.13%), Copper: 0.18mg (9.23%), Fiber: 2.18g (8.73%), Vitamin D: 0.82µg (5.48%), Vitamin C: 3.63mg (4.4%), Vitamin A: 216.5IU (4.33%)