



Turkey Burgers with Special Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 curly kale leaves
- 1 teaspoon ginger fresh peeled finely chopped
- 1 garlic clove minced
- 0.3 cup green onions chopped
- 1 pound ground turkey breast
- 0.5 cup special sauce
- 1 tablespoon soya sauce low-sodium
- 2 tablespoons orange juice fresh

6 ounce hamburger buns whole wheat

Equipment

bowl

grill

Directions

Prepare grill.

Combine first 6 ingredients in a large bowl. Divide turkey mixture into 4 equal portions, shaping each into a 3/4-inch-thick patty.

Place patties on grill rack coated with cooking spray; grill 6 minutes on each side or until done.

Spread 2 tablespoons Special Sauce over top half of each bun.

Place lettuce leaves on bottom halves of buns; top each with 1 patty and top half of bun.

Cut each burger in half.

Nutrition Facts


■ PROTEIN 43.98% ■ FAT 15.1% ■ CARBS 40.92%

Properties

Glycemic Index:32.25, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:19.956521780595%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg 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: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 286.72kcal (14.34%), Fat: 4.86g (7.48%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 27.62g (10.04%), Sugar: 10.5g (11.66%), Cholesterol: 62.37mg (20.79%), Sodium: 756.81mg (32.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.87g (63.73%), Vitamin B3: 13.09mg (65.43%), Selenium:

38.85µg (55.5%), Vitamin B6: 1.05mg (52.39%), Phosphorus: 325.21mg (32.52%), Vitamin K: 32.55µg (31%), Manganese: 0.52mg (25.83%), Vitamin A: 1181.45IU (23.63%), Vitamin B1: 0.29mg (19.44%), Folate: 70.17µg (17.54%), Zinc: 2.54mg (16.93%), Vitamin B2: 0.28mg (16.51%), Iron: 2.86mg (15.87%), Magnesium: 58.83mg (14.71%), Potassium: 484.11mg (13.83%), Vitamin B5: 1.27mg (12.66%), Vitamin B12: 0.58µg (9.71%), Copper: 0.18mg (8.8%), Vitamin C: 7.02mg (8.51%), Fiber: 2.04g (8.15%), Calcium: 57.09mg (5.71%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.2mg (1.31%)