



Turkey Cheddar Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 5 ounces sharp cheddar cheese extra-sharp cut into 4 (1/2-inch-thick) slices
- ☐ 2 teaspoons apple cider vinegar
- ☐ 1.5 pounds pd of ground turkey (not labeled "all breast meat")
- ☐ 4 servings romaine leaves
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup sun-dried olives drained
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup shallots finely chopped
- ☐ 4 portugese rolls
- ☐ 1 tablespoon water

Equipment

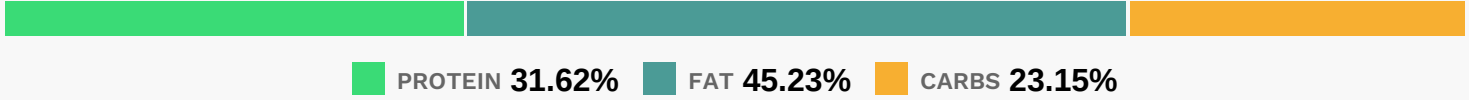
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ grill
- ☐ wax paper
- ☐ grill pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Cook shallot in oil with salt and pepper in an 8-inch skillet over moderate heat, stirring occasionally, until golden, 2 to 3 minutes, then transfer to a bowl.
- ☐ Add turkey and mix gently but thoroughly.
- ☐ Turn out turkey mixture onto a sheet of wax paper and divide into 8 equal mounds. Pat 1 mound into a 4-inch patty and top with 1 piece of cheese, then put a second mound on top, patting it onto other patty to enclose cheese. Pinch edges together to seal and shape into a single patty. Make 3 more burgers in same manner.
- ☐ Heat an oiled well-seasoned ridged grill pan over moderately high heat until hot but not smoking, then grill burgers, turning over once, until just cooked through (no longer pink), 8 to 9 minutes total.
- ☐ While burgers are cooking, heat rolls on a baking sheet in oven until crusty, about 5 minutes.
- ☐ Transfer rolls to a rack to cool slightly.

- ☐ Purée tomatoes with water, vinegar, and salt in a blender or mini food processor, scraping down sides as necessary, then blend in mayonnaise.
- ☐ Cut rolls in half horizontally (if necessary) and spread cut sides with tomato mayonnaise.
- ☐ Serve burgers on rolls with lettuce.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:24.76, Inflammation Score:-9, Nutrition Score:30.243913298068%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 698.23kcal (34.91%), Fat: 35.26g (54.25%), Saturated Fat: 10.27g (64.19%), Carbohydrates: 40.61g (13.54%), Net Carbohydrates: 37.95g (13.8%), Sugar: 8.53g (9.47%), Cholesterol: 134.87mg (44.96%), Sodium: 861.6mg (37.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.47g (110.94%), Vitamin B3: 17.28mg (86.4%), Vitamin B6: 1.58mg (79.08%), Iron: 13.12mg (72.9%), Selenium: 48.65µg (69.5%), Phosphorus: 592.07mg (59.21%), Vitamin A: 2245.02IU (44.9%), Zinc: 4.56mg (30.42%), Vitamin K: 31.16µg (29.68%), Calcium: 285.83mg (28.58%), Potassium: 867.22mg (24.78%), Vitamin B2: 0.4mg (23.43%), Vitamin B12: 1.26µg (21%), Magnesium: 78.98mg (19.74%), Vitamin B5: 1.86mg (18.55%), Manganese: 0.28mg (13.97%), Vitamin E: 1.93mg (12.88%), Vitamin B1: 0.19mg (12.43%), Copper: 0.23mg (11.31%), Fiber: 2.66g (10.62%), Folate: 40.59µg (10.15%), Vitamin C: 8.2mg (9.94%), Vitamin D: 0.92µg (6.14%)