



Turkey Cheeseburgers With Rosemary Onions

READY IN



40 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons butter divided
- 1 large eggs lightly beaten
- 1 teaspoon rosemary fresh chopped
- 4 oz goat cheese sliced
- 20 oz ground turkey breast lean
- 9 oz grain hamburger buns whole white
- 1 leaves toppings: lettuce dijon mustard
- 0.5 teaspoon pepper freshly ground
- 1 teaspoon salt

1 large onion sweet halved sliced

Equipment

frying pan

baking sheet

aluminum foil

broiler pan

Directions

Gently combine first 4 ingredients. Shape mixture into 6 thin patties; cover and chill 30 minutes.

Melt 1 Tbsp. butter in a nonstick skillet over medium-high heat; add onion and rosemary, and saut 10 minutes or until onion is tender and golden.

Remove onion mixture from skillet.

Melt remaining 1/2 Tbsp. butter in same skillet over medium heat. Cook patties 6 minutes on each side or until no longer pink in center.

Place on an aluminum foil-lined baking sheet or broiler pan coated with cooking spray.

Top each patty evenly with onion mixture and 1 cheese slice. Broil 6 inches from heat 3 to 5 minutes or until cheese is lightly browned.

Serve on hamburger buns with desired toppings.

*4 oz. blue cheese, Gorgonzola cheese, or Swiss cheese may be substituted.

Nutrition Facts



PROTEIN 38.26% **FAT 30.57%** **CARBS 31.17%**

Properties

Glycemic Index:29.33, Glycemic Load:12.76, Inflammation Score:-6, Nutrition Score:17.098695609881%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg,

Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin:

0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 329.58kcal (16.48%), Fat: 11.18g (17.19%), Saturated Fat: 5.64g (35.22%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 24.34g (8.85%), Sugar: 6.07g (6.74%), Cholesterol: 99.19mg (33.06%), Sodium: 756.02mg (32.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.47g (62.95%), Vitamin B3: 11.12mg (55.58%), Selenium: 35.91µg (51.31%), Vitamin B6: 0.97mg (48.53%), Phosphorus: 338.53mg (33.85%), Vitamin B1: 0.33mg (21.96%), Vitamin B2: 0.35mg (20.48%), Folate: 66.57µg (16.64%), Manganese: 0.33mg (16.35%), Iron: 2.86mg (15.88%), Zinc: 2.33mg (15.56%), Copper: 0.28mg (13.95%), Potassium: 416.21mg (11.89%), Magnesium: 46.63mg (11.66%), Vitamin B5: 1.15mg (11.49%), Vitamin B12: 0.68µg (11.38%), Calcium: 108.21mg (10.82%), Vitamin A: 353.82IU (7.08%), Fiber: 1.31g (5.25%), Vitamin D: 0.62µg (4.14%), Vitamin C: 3.21mg (3.88%), Vitamin K: 3.09µg (2.94%), Vitamin E: 0.4mg (2.65%)