



Turkey & coriander burgers with guacamole

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g ground meat turkey
- ☐ 1 tsp worcestershire sauce
- ☐ 85 g breadcrumbs fresh
- ☐ 1 tbsp cilantro leaves chopped
- ☐ 1 onion red finely chopped
- ☐ 1 large avocado ripe
- ☐ 1 pepper flakes deseeded finely chopped
- ☐ 1 juice of lime

- ☐ 4 ciabatta rolls cut in half
- ☐ 1 tsp unrefined sunflower oil
- ☐ 8 pasilla peppers hot roughly chopped

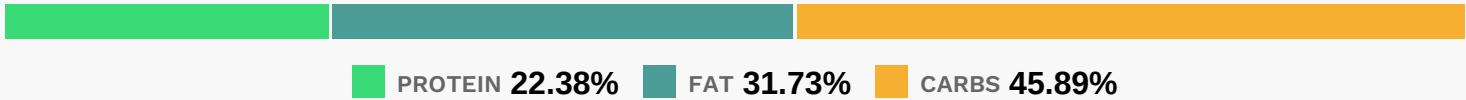
Equipment

- ☐ frying pan

Directions

- ☐ Mix the mince, Worcestershire sauce, breadcrumbs, half each of the coriander and onion, and some seasoning until combined. Form into 4 burgers, then chill until ready to cook.
- ☐ To make the guacamole, mash the avocado with the remaining coriander and onion, the chilli and lime juice, and season.
- ☐ Heat a griddle pan or barbecue until hot. Griddle the rolls, cut-side down, for 1 min, then keep warm.
- ☐ Brush the burgers with the oil to keep them from sticking. Cook for 7–8 mins on each side until charred and cooked through. Fill the rolls with the burgers, guacamole and peppadews.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.01, Inflammation Score:-9, Nutrition Score:28.65434783438%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 11.22mg, Luteolin: 11.22mg, Luteolin: 11.22mg, Luteolin: 11.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg

Nutrients (% of daily need)

Calories: 518.68kcal (25.93%), Fat: 18.86g (29.01%), Saturated Fat: 3.99g (24.91%), Carbohydrates: 61.37g (20.46%), Net Carbohydrates: 51.72g (18.81%), Sugar: 9.4g (10.45%), Cholesterol: 74mg (24.67%), Sodium: 531.42mg (23.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.93g (59.85%), Vitamin C: 217.05mg (263.09%), Vitamin B6: 1.13mg (56.54%), Vitamin B3: 9.04mg (45.19%), Fiber: 9.65g (38.62%), Selenium: 24.77µg (35.38%), Phosphorus: 316.6mg (31.66%), Manganese: 0.62mg (31.16%), Vitamin B1: 0.47mg (31.04%), Vitamin K: 31.68µg (30.17%), Potassium: 1012.53mg (28.93%), Folate: 102.98µg (25.75%), Vitamin B2: 0.42mg (24.88%), Zinc: 3.55mg (23.7%), Vitamin A: 1146.3IU (22.93%), Copper: 0.44mg (22.21%), Vitamin B12: 1.27µg (21.24%), Vitamin B5: 2.12mg (21.17%), Iron: 3.54mg (19.69%), Magnesium: 74.67mg (18.67%), Vitamin E: 2.61mg (17.42%), Calcium: 100.34mg (10.03%), Vitamin D: 0.4µg (2.67%)