



Turkey-Pepperoni Burgers

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup parsley and/or basil fresh chopped
- ☐ 4 slices beefsteak tomatoes
- ☐ 1 clove garlic grated
- ☐ 1.3 pounds pd of ground turkey
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.5 teaspoon lemon zest fresh finely grated from 1 lemon
- ☐ 4 servings lettuce leaves for serving
- ☐ 0.3 cup mayonnaise
- ☐ 4 onion rolls split

- ☐ 1 cup pepperoni sliced chopped
- ☐ 8 slices provolone cheese
- ☐ 1 large sprig sage chopped

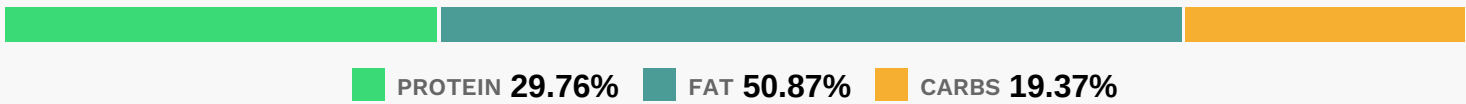
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Put the turkey, pepperoni, rosemary, half of the garlic and 1/2 teaspoon each salt and pepper in a large bowl and mix with your hands until combined. Form into four 1/2-inch-thick patties.
- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Add the patties and cook, undisturbed, until browned, 5 minutes. Turn and cook until golden brown on the bottom, 3 more minutes. Meanwhile, whisk the mayonnaise, parsley, lemon zest and juice, and the remaining garlic in a small bowl. Season with salt and pepper. Top each patty with 2 slices cheese, cover and cook until the cheese melts, about 1 minute.
- ☐ Transfer the patties to a plate.
- ☐ Toast the buns cut-side down in the skillet, then remove from the pan and spread with the herb mayonnaise. Season the tomato slices with salt and pepper. Sandwich the lettuce, burger patties and tomatoes on the buns.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:29.421738790429%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 754.26kcal (37.71%), Fat: 42.49g (65.38%), Saturated Fat: 14.38g (89.86%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 34.37g (12.5%), Sugar: 4.02g (4.46%), Cholesterol: 139.42mg (46.47%), Sodium: 1488.26mg (64.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.94g (111.87%), Vitamin B3: 17.4mg (87.02%), Vitamin B6: 1.39mg (69.29%), Selenium: 45.72µg (65.31%), Phosphorus: 568.9mg (56.89%), Vitamin A: 2326.4IU (46.53%), Vitamin K: 45.44µg (43.28%), Calcium: 382.28mg (38.23%), Vitamin B2: 0.55mg (32.43%), Zinc: 4.52mg (30.16%), Vitamin B12: 1.67µg (27.79%), Vitamin B1: 0.4mg (26.98%), Iron: 4.49mg (24.93%), Folate: 97.02µg (24.25%), Vitamin B5: 1.81mg (18.07%), Potassium: 613.44mg (17.53%), Magnesium: 62.45mg (15.61%), Manganese: 0.3mg (15.14%), Fiber: 2.03g (8.11%), Vitamin E: 1.19mg (7.95%), Vitamin D: 1.16µg (7.74%), Copper: 0.14mg (6.81%), Vitamin C: 5.49mg (6.65%)