






 **24%**  
HEALTH SCORE

# Turkey-Spinach Burgers With Sweet Soy-Ginger Sauce

 **Gluten Free**  **Dairy Free**

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**219 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 5 ounce baby spinach fresh
- 4 servings pepper black freshly ground
- 1 tablespoon canola oil
- 2 tablespoons t brown sugar dark
- 1 tablespoon ginger fresh minced
- 1 pound pd of ground turkey
- 2 tablespoons mirin

- 4 servings salt
- 3 tablespoons spring onion sliced for garnish, optional
- 1 teaspoon sesame oil toasted
- 2 tablespoons soya sauce

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- pot

## Directions

- In small saucepan, combine soy sauce, mirin, brown sugar, and ginger; bring to boil over medium-high heat, whisking to dissolve sugar. Reduce until slightly syrupy, about 3 minutes. Adjust heat, if necessary, to prevent boil-over.
- Remove from heat and allow to cool completely. (Sauce may be prepared up to 2 days in advance and refrigerated in a covered container.) Bring large pot of water to boil. Cook spinach for 1 minute.
- Drain and transfer to cold water bath to stop the cooking.
- Drain again. Dry thoroughly between layers of paper towels. (Spinach may be prepared up to 2 days in advance and refrigerated in covered container.) In large bowl, combine turkey, scallions, sesame oil, reserved spinach, and 1 tablespoon of reserved sauce. Season with salt and pepper and blend well without overworking. Form turkey-spinach mixture into 4 patties, about 3" across and 1" thick.
- Heat oil in large nonstick skillet over medium-high heat. When hot, add patties and cook about 5 minutes per side, until nicely browned and cooked through. Lower heat if necessary to prevent burning.
- Serve with some of the sauce spooned over.
- Garnish with the sliced scallions, if desired.

# Nutrition Facts

PROTEIN 51.29% FAT 27.56% CARBS 21.15%

## Properties

Glycemic Index:31.5, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:22.924347826087%

## Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## Taste

Sweetness: 29.94%, Saltiness: 100%, Sourness: 15.65%, Bitterness: 8.97%, Savoriness: 68.24%, Fattiness: 61.81%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 218.72kcal (10.94%), Fat: 6.88g (10.59%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 10.85g (3.95%), Sugar: 8.26g (9.17%), Cholesterol: 62.37mg (20.79%), Sodium: 850.03mg (36.96%), Alcohol: 0.85g (4.72%), Protein: 28.82g (57.64%), Vitamin K: 183.27µg (174.54%), Vitamin A: 3396.68IU (67.93%), Vitamin B3: 11.67mg (58.33%), Vitamin B6: 1.07mg (53.36%), Selenium: 25.6µg (36.58%), Phosphorus: 289.14mg (28.91%), Folate: 82.59µg (20.65%), Manganese: 0.4mg (19.89%), Magnesium: 66.85mg (16.71%), Potassium: 580.37mg (16.58%), Zinc: 2.25mg (15%), Vitamin C: 10.89mg (13.2%), Iron: 2.18mg (12.1%), Vitamin B2: 0.2mg (12.01%), Vitamin B5: 1.07mg (10.71%), Vitamin E: 1.46mg (9.7%), Vitamin B12: 0.58µg (9.64%), Vitamin B1: 0.11mg (7.09%), Copper: 0.14mg (6.8%), Calcium: 49.35mg (4.93%), Fiber: 1.03g (4.12%), Vitamin D: 0.45µg (3.02%)