



Washington State Burger (Aka Wild Mushroom-Cheddar Burger)

READY IN



45 min.

SERVINGS



4

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 hamburger buns split toasted
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1.5 pounds pd of ground turkey lean 80 percent 90 percent
- ☐ 12 ounces mushrooms such as cremini, lobster, chanterelles, and stemmed shiitakes, coarsely chopped assorted

- ☐ 2 tablespoons olive oil
- ☐ 1 small shallots diced finely
- ☐ 4 slices sharp cheddar
- ☐ 1 tablespoon butter unsalted

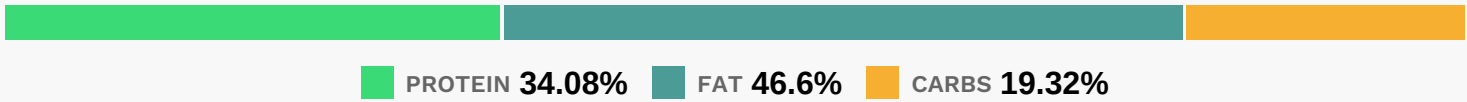
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil and melt the butter in a large saute pan over high heat until almost smoking.
- ☐ Add the mushrooms and cook, stirring occasionally, until soft, about 5 minutes.
- ☐ Add the shallot, season with salt and pepper, and cook until the mushrooms are golden brown, about 5 minutes. Stir in the thyme and parsley and transfer to a bowl.
- ☐ Divide the meat into 4 equal portions (about 6 ounces each). Form each portion loosely into a 3/4-inch-thick burger and make a deep depression in the center with your thumb. Season both sides of each burger with salt and pepper.
- ☐ Heat a gas grill to high.
- ☐ Brush the burgers with canola oil and grill until desired doneness is reached. Top each with a slice of cheese and cover during the last minute of cooking.
- ☐ Place the burgers on the bun bottoms and top each burger with a large spoonful of the mushrooms. Cover with the bun tops and serve immediately.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:13.43, Inflammation Score:-9, Nutrition Score:34.197391364885%

Flavonoids

Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 613.13kcal (30.66%), Fat: 31.86g (49.02%), Saturated Fat: 9.86g (61.62%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 25.19g (9.16%), Sugar: 4.72g (5.25%), Cholesterol: 129.08mg (43.03%), Sodium: 492.52mg (21.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.44g (104.87%), Vitamin B3: 21.87mg (109.36%), Selenium: 59.2µg (84.57%), Vitamin B6: 1.57mg (78.57%), Phosphorus: 614.03mg (61.4%), Vitamin K: 45.2µg (43.05%), Vitamin B2: 0.63mg (36.79%), Vitamin D: 5.41µg (36.06%), Iron: 6.33mg (35.19%), Zinc: 5.02mg (33.48%), Potassium: 1051mg (30.03%), Calcium: 291.25mg (29.13%), Manganese: 0.56mg (27.92%), Vitamin B5: 2.57mg (25.65%), Vitamin B1: 0.37mg (24.43%), Copper: 0.48mg (23.75%), Vitamin B12: 1.26µg (20.94%), Magnesium: 83.19mg (20.8%), Vitamin E: 2.78mg (18.52%), Fiber: 4.54g (18.17%), Folate: 67.68µg (16.92%), Vitamin A: 663.4IU (13.27%), Vitamin C: 6.52mg (7.9%)