



Zesty Turkey Burgers

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices colby cheese
- ☐ 1 eggs beaten
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 1 pound pd of ground turkey
- ☐ 1 cup honey mustard and onion pretzels crushed
- ☐ 4 servings salt and pepper to taste

Equipment

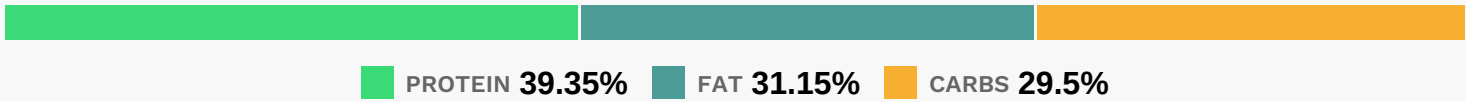
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking dish with olive oil.
- ☐ In a bowl, mix the ground turkey, crushed pretzels, green bell pepper, and egg. Season with salt and pepper. Form into 4 patties, and arrange in the baking dish.
- ☐ Bake 30 minutes, turning once, to a minimum internal temperature of 165 degrees F (74 degrees C). Top each patty with a slice of cheese during the last few minutes of cook time.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:15.270000105319%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 379.42kcal (18.97%), Fat: 12.26g (18.86%), Saturated Fat: 6.56g (40.99%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 25.97g (9.44%), Sugar: 12.86g (14.29%), Cholesterol: 129.89mg (43.3%), Sodium: 747.89mg (32.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.86g (69.72%), Vitamin B3: 11.09mg (55.44%), Vitamin B6: 1.03mg (51.68%), Selenium: 32.5µg (46.43%), Phosphorus: 409.02mg (40.9%), Calcium: 202.41mg (20.24%), Zinc: 3.01mg (20.07%), Vitamin B2: 0.28mg (16.29%), Vitamin B12: 0.91µg (15.14%), Vitamin B5: 1.23mg (12.35%), Potassium: 401.6mg (11.47%), Magnesium: 42.42mg (10.61%), Vitamin C: 7.49mg (9.08%), Vitamin A: 400.53IU (8.01%), Iron: 1.31mg (7.29%), Vitamin D: 0.84µg (5.61%), Vitamin B1: 0.08mg (5.61%), Folate: 20.21µg (5.05%), Copper: 0.09mg (4.59%), Vitamin E: 0.31mg (2.05%), Vitamin K: 1.48µg (1.41%), Manganese: 0.03mg (1.26%)