

Roasted Garlic Turkey Burgers

Relish Magazine - October 2014

Yield: 3 cups

*1 head garlic
olive oil
1 pound ground turkey
2 teaspoons Worcestershire sauce
2 teaspoons tamari or soy sauce
1 to 2 sprigs fresh thyme, stemmed
1/2 teaspoon crushed red pepper flakes
1 egg, beaten (use half)
1/4 cup dry breadcrumbs
2 tablespoons vegetable oil
1 onion, thinly sliced
4 slices cheddar cheese
4 ciabatta buns*

Make the roasted garlic. Preheat the oven to 325 degrees. Cut the top off the garlic head so that the cloves are exposed. Drizzle the garlic head with a bit of olive oil. Wrap the head tightly in aluminum foil. Place on a baking sheet. Roast for one hour. Let cool for 5 minutes. Remove the foil and SQUEEZE the garlic head to release the roasted cloves. Set aside.

Place the turkey in a medium bowl. Add the roasted garlic, Worcestershire, tamari, thyme and pepper flakes. Mix well.

Add half of the beaten egg, discarding the rest. Add the breadcrumbs and combine well. Form into four patties.

Heat the oil in a large saute' pan over medium-high heat. Cook the turkey patties about 5 minutes per side until thoroughly cooked. Place the cheese on the burgers while cooking the second side.

Place each patty on a ciabatta bun and serve..

Per Serving (excluding unknown items): 2979 Calories; 222g Fat (67.3% calories from fat); 204g Protein; 38g Carbohydrate; 3g Dietary Fiber; 1046mg Cholesterol; 3646mg Sodium. Exchanges: 1 1/2 Grain(Starch); 27 1/2 Lean Meat; 2 Vegetable; 26 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal): 2979
% Calories from Fat: 67.3%
% Calories from Carbohydrates: 5.2%
% Calories from Protein: 27.5%
Total Fat (g): 222g
Saturated Fat (g): 111g
Monounsaturated Fat (g): 75g
Polyunsaturated Fat (g): 20g
Cholesterol (mg): 1046mg
Carbohydrate (g): 38g
Dietary Fiber (g): 3g
Protein (g): 204g
Sodium (mg): 3646mg
Potassium (mg): 1903mg
Calcium (mg): 3460mg
Iron (mg): 12mg
Zinc (mg): 24mg
Vitamin C (mg): 29mg
Vitamin A (i.u.): 5171IU
Vitamin A (r.e.): 1534RE

Vitamin B6 (mg): 2.1mg
Vitamin B12 (mcg): 5.9mcg
Thiamin B1 (mg): .6mg
Riboflavin B2 (mg): 2.7mg
Folacin (mcg): 167mcg
Niacin (mg): 18mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 1 1/2
Lean Meat: 27 1/2
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 26 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2979 **Calories from Fat:** 2007

% Daily Values*

Total Fat	222g	341%
Saturated Fat	111g	555%
Cholesterol	1046mg	349%
Sodium	3646mg	152%
Total Carbohydrates	38g	13%
Dietary Fiber	3g	11%
Protein	204g	
Vitamin A		103%
Vitamin C		48%
Calcium		346%
Iron		69%

* Percent Daily Values are based on a 2000 calorie diet.