

Low-Glycemic Grilled Turkey Burgers with Whole Grain Buns

Lean turkey burgers packed with herbs and spices, grilled to perfection and served on fiber-rich whole grain buns for steady blood sugar control.

Prep: 10 min

Cook: 14 min

Total: 24 min

Servings: 4

GL 18.6 / GI 52

Ingredients

Extra-lean protein, minimal impact on blood sugar ground turkey breast

Use whole wheat breadcrumbs for lower GI; acts as binder dried plain bread crumbs

Contains chromium which may help regulate blood sugar chopped onion

Rich in antioxidants, negligible glycemic impact fresh parsley, chopped

Adds umami flavor with minimal sugar content Worcestershire sauce

Capsaicin may improve insulin sensitivity hot pepper sauce

Choose buns with 3g+ fiber; GI ~51 vs white bread GI ~75 whole-grain buns

Low GI vegetable, high in lycopene tomato slices

Contains quercetin which supports glucose metabolism red onion slices

Non-starchy vegetable, essentially zero glycemic impact bibb lettuce leaves, halved

Check label for added sugars; use sparingly fat-free mayonnaise

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Prevents sticking without added calories cooking spray

Instructions

Step 1

In a large mixing bowl, combine the ground turkey breast, almond flour, chopped onion, fresh parsley, sugar-free Worcestershire sauce, and hot pepper sauce. Use your hands or a fork to mix thoroughly until all ingredients are evenly distributed throughout the meat. The almond flour will help bind the burgers while keeping the glycemic load low.

Step 2

Divide the turkey mixture into 4 equal portions, approximately 5 ounces each. Gently shape each portion into a patty about 3/4-inch thick, making a slight indentation in the center with your thumb to prevent bulging during cooking. Handle the meat gently to maintain a tender texture.

Step 3

Preheat your grill to medium-high heat (about 375-400°F). If using a charcoal grill, wait until coals are covered with white ash. For a gas grill, preheat for 10-15 minutes with the lid closed. Proper preheating ensures even cooking and prevents sticking.

Step 4

Once the grill is hot, carefully spray the grill grates with cooking spray while away from direct heat to prevent flare-ups. This ensures your lean turkey burgers won't stick to the grates. You can also oil the grates using a paper towel dipped in oil held with tongs.

Step 5

Place the turkey patties on the preheated grill, positioning them 4-6 inches from the heat source. Grill for 6-7 minutes on the first side without moving them, allowing a nice sear to develop. Resist the urge to press down on the patties, as this releases valuable moisture.

Step 6

Flip the burgers carefully using a wide spatula and continue grilling for another 6-7 minutes on the second side. Turkey burgers are done when they reach an internal temperature of 165°F measured with a meat thermometer and juices run clear. Avoid pressing down on the patties as this releases moisture and can make them dry.

Step 7

During the last 2 minutes of cooking, place the whole grain buns cut-side down on the grill to lightly toast them. This adds texture and helps prevent the buns from becoming soggy from the burger juices. Watch carefully to avoid burning.

Step 8

To assemble, spread 1/2 tablespoon of light mayonnaise on each toasted bun bottom. Layer with one lettuce leaf, then the grilled turkey patty, followed by one tomato slice and one red onion slice. Top with the bun and serve immediately while hot. For better blood sugar control, eat the vegetables first, then the burger, and finish with the bun.