



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Guacamole Turkey Burger ♦♦

This delicious turkey burger is topped with homemade guacamole for a fresh and flavorful twist. It's perfect for a quick and easy weeknight dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

|       |               |
|-------|---------------|
| 500 g | Ground Turkey |
| 200 g | Avocado       |
| 100 g | Tomato        |
| 50 g  | red onion     |
| 30 ml | lime juice    |
| 10 g  | Cilantro      |

|       |             |
|-------|-------------|
| 5 g   | salt        |
| 5 g   | pepper      |
| 400 g | burger buns |

## Directions

---

### Step 1

#### Mixing

In a bowl, mix together ground turkey, salt, and pepper.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

---

### Step 2

#### Forming

Form the turkey mixture into patties.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

#### Grilling

Grill the turkey patties for about 5 minutes per side, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

---

## Step 4

**Mashing**

In a separate bowl, mash the avocado with lime juice, salt, and pepper to make guacamole.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 5

**Cutting**

Slice the tomato and red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 6

**Toasting**

Toast the burger buns.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

---

## Step 7

### Assembling

Assemble the turkey burgers by placing the cooked patties on the toasted buns and topping with guacamole, tomato slices, and red onion slices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 20 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 20 g  | 117.65%                | 117.65%                  |

## Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 20 g  | 36.36%                 | 40%                      |
| Fibers        | 5 g   | 13.16%                 | 20%                      |
| Sugars        | 2 g   | N/A                    | N/A                      |
| Lactose       | 0 g   | N/A                    | N/A                      |

## Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g   | N/A                    | N/A                      |
| Saturated Fat       | 2 g   | 9.09%                  | 11.76%                   |
| Fat                 | 10 g  | 35.71%                 | 40%                      |
| Cholesterol         | 50 mg | N/A                    | N/A                      |

## Vitamins

| Nutrient    | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A   | 10 iu  | 1.11%                  | 1.43%                    |
| Vitamin C   | 15 mg  | 16.67%                 | 20%                      |
| Vitamin B6  | 10 mg  | 769.23%                | 769.23%                  |
| Vitamin B12 | 20 mcg | 833.33%                | 833.33%                  |

| Nutrient  | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin E | 6 mg  | 40%                    | 40%                      |
| Vitamin D | 2 mcg | 13.33%                 | 13.33%                   |

## Minerals

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium    | 300 mg | 13.04%                 | 13.04%                   |
| Calcium   | 4 mg   | 0.4%                   | 0.4%                     |
| Iron      | 10 mg  | 125%                   | 55.56%                   |
| Potassium | 500 mg | 14.71%                 | 19.23%                   |
| Zinc      | 15 mg  | 136.36%                | 187.5%                   |
| Selenium  | 30 mcg | 54.55%                 | 54.55%                   |

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch

Snack

**Difficulty Level**

Easy

Visit our website: [healthdor.com](https://healthdor.com)