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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

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