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Low-Carb Turkey Burger Wrap ♦♦

This low-carb turkey burger wrap is a delicious and healthy alternative to traditional burgers. It is made with lean ground turkey, packed with flavor from various spices, and wrapped in a lettuce leaf instead of a bun. It's a perfect option for those following a low-carb diet or looking for a lighter meal option. The wrap is easy to assemble and can be customized with your favorite toppings and condiments. Enjoy a satisfying and guilt-free burger experience with this low-carb turkey burger wrap!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g lean ground turkey

8 pieces lettuce leaves

2 slices Tomato

4 slices	red onion
4 slices	pickles
4 tsp	mustard
4 tsp	ketchup
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder
1 tsp	onion powder
1 tsp	paprika

Directions

Step 1

Mixing

In a mixing bowl, combine the lean ground turkey, salt, black pepper, garlic powder, onion powder, and paprika. Mix well.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Form the turkey mixture into four equal-sized patties.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

Heat a grill or stovetop pan over medium heat. Cook the turkey patties for about 4-5 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Resting

Remove the turkey patties from the heat and let them rest for a few minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Wrapping

To assemble the wraps, place a lettuce leaf on a plate. Place a turkey patty on top of the lettuce leaf. Add tomato slices, red onion slices, pickles, mustard, and ketchup. Wrap the lettuce leaf around the filling, securing it with a toothpick if needed.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 5 g

Protein: 25 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	2 g	5.26%	8%
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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	60 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	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	350 mg	10.29%	13.46%
Zinc	8 mg	72.73%	100%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Nutritional Content

Low Carb

Course

Appetizers

Main Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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