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## Apple Turkey Burgers ♦

Apple Turkey Burgers are a delicious and healthy alternative to traditional beef burgers. Made with ground turkey, grated apple, and a blend of spices, these burgers are packed with flavor and nutrients. They are perfect for a summer barbecue or a quick weeknight dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	Ground Turkey
100 g	Apple
50 g	onion
2 cloves	garlic

<b>50 g</b>	breadcrumbs
<b>1 units</b>	egg
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>0.5 tsp</b>	cumin
<b>0.5 tsp</b>	paprika
<b>2 tbsp</b>	olive oil

## Directions

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### Step 1

Cut

Grate the apple and onion. Mince the garlic.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

In a large bowl, combine the ground turkey, grated apple, grated onion, minced garlic, breadcrumbs, egg, salt, black pepper, cumin, and paprika. Mix well.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 3

### Shaping

Shape the mixture into 4 patties.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 4

### Frying

Heat olive oil in a skillet over medium heat. Cook the patties for 6-8 minutes per side, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

## Nutrition Facts

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**Calories:** 180 kcal

**Fat:** 7 g

**Protein:** 22 g

**Carbohydrates:** 7 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	22 g	129.41%	129.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	7 g	12.73%	14%
Fibers	1 g	2.63%	4%
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	7 g	25%	28%
Cholesterol	90 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

### Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

## Cuisines

Italian

Middle Eastern

Mexican

French

Thai

Mediterranean

American

## Diet

Anti-Inflammatory Diet

## Events

Picnic

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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