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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

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

## **Directions**

#### Step 1



Grate the apple and onion. Mince the garlic.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 2



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

### 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**

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%

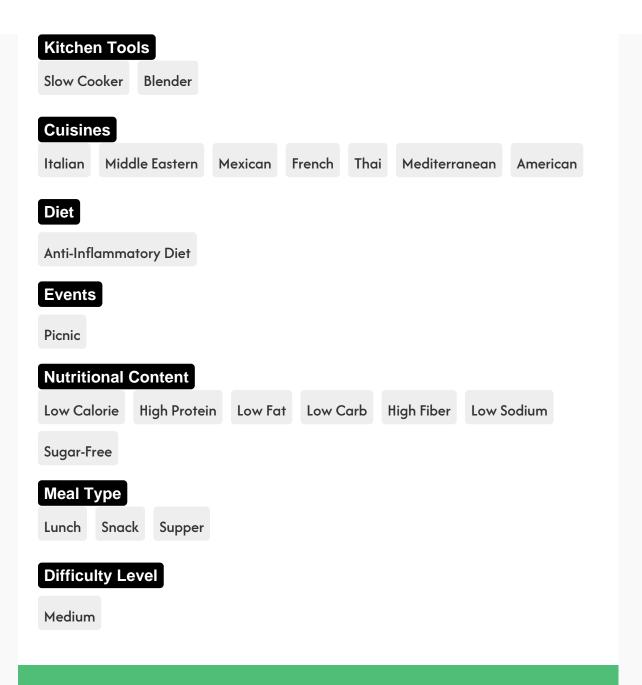
#### **Minerals**

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



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