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Original Turkey Burger ♦♦

The Original Turkey Burger is a delicious and healthy alternative to traditional beef burgers. Made with lean ground turkey and a blend of spices, this burger is packed with flavor and protein. It's perfect for grilling or pan-searing, and can be enjoyed on a bun with your favorite toppings.

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
50 g	breadcrumbs
1 pieces	Egg
50 g	onion

2 cloves	garlic
1 tsp	salt
0.5 tsp	black pepper
0.5 tsp	paprika
0.5 tsp	cumin
2 tbsp	olive oil

Directions

Step 1

Mixing

In a mixing bowl, combine ground turkey, breadcrumbs, egg, finely chopped onion, minced garlic, salt, black pepper, paprika, and cumin.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Forming

Form the mixture into patties of desired size.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Heating

Heat olive oil in a skillet or grill pan over medium heat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Cooking

Cook the turkey burgers for about 4-5 minutes per side, or until cooked through and golden brown.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Serving

Serve the turkey burgers on buns with your favorite toppings.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 6 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	6 g	10.91%	12%
Fibers	1 g	2.63%	4%
Sugars	1 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	10 g	35.71%	40%
Cholesterol	100 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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

Nutritional Content

Low Calorie

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Events

Picnic

Course

Appetizers

Main Dishes

Side Dishes

Drinks

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Difficulty Level

Easy

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