

ITALIAN STYLE TURKEY BURGERS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 burger)

Nutrition (per serving)

Calories: 170

Total Carbohydrate: 5 g

Total Fat: 8 g

Dietary Fiber: 1 g

Saturated Fat: 1.5 g

Protein: 30 g

Sodium: 232 mg



Ingredients

- 1 pound extra lean ground turkey breast
- ½ cup onion, diced
- ½ cup yellow/red pepper, diced
- ½ cup mushrooms, diced
- ¼ cup Parmesan cheese
- 2 Tablespoons tomato paste
- ½ teaspoon garlic powder
- 1 Tablespoon red pepper flakes
- 1 Tablespoon dried basil
- Pinch salt and pepper

Directions

1. Combine all ingredients together in medium bowl. Spray grill or grill pan to prevent sticking. Form 4 burgers, place on grill and cook on medium to medium-high heat on both sides for 5-10 minutes or until desired doneness (minimum 165 degrees Fahrenheit).



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