



4 Servings

lettuce-wrapped turkey burgers

Ingredients

onions	1/2 cup
garlic	1 clove
cilantro leaves raw, coriander	1/2 Cup(s)
ground turkey 85% lean 15% fat raw	12 oz
green leaf lettuce	8 outer leaf

Nutrition Totals

Calories 669 / Carbs 12 g / Protein 61 g / Fat 43 g / Fluid 14 fl oz

Instructions

1. Heat grill, or turn the broiler on low.

2. Mince onions, garlic and cilantro and combine with ground turkey. Mix well.

3. Divide turkey mixture into 4 patties.

4. Grill or broil until cooked through and juices run clear.

5. Add salt and pepper to taste.

6. Wrap each patty in two lettuce leaves.

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Nutrition Label

Lettuce-Wrapped Turkey Burgers

Amount Per Serving Calories	167
	% Daily Value*
Total Fat 10.7g	17%
Saturated Fat 2.9g	15%
Trans Fat 0.1g	
Cholesterol 66.3mg	22%
Sodium 60.2mg	3%
Total Carbohydrates 2.9g	1%
Dietary Fiber 0.8g	4%
Total Sugar 0.9g	
Protein 15.2g	
Vitamin D 11.9IU	2%
Calcium 50.3mg	5%
Iron 1.5mg	9%
Potassium 291.5mg	
* The % Daily Value (DV) tells nutrient in a serving of food co diet. 2,000 calories a day is us nutrition advice.	ntributes to a daily

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