

Herb-Filled Turkey Burgers With Cheddar Cheese

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-turkey-thigh-recipe-spicy-italian>

Ingredients:

- 1 pound ground turkey thigh
- 1/2 cup flat leaf parsley roughly chopped
- 1/2 cup cilantro roughly chopped
- 1/4 cup fresh dill roughly chopped
- 1/4 fresh mint roughly chopped
- 1 teaspoon ground cumin
- 1/2 cup breadcrumbs
- 1/4 cup milk
- 1 clove garlic grated on a microplane grater, about 1 teaspoon
- 1/2 red onion small, grated on the large holes of a box grater, about 1/2 cup
- 1/2 cup cheddar cheese grated
- kosher salt
- freshly ground black pepper
- 2 tablespoons olive oil
- 1 shallot thinly sliced
- 1 avocado thinly sliced
- arugula for topping, optional
- Dijon mustard
- 4 whole wheat potato or regular burger buns toasted

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 85 milligrams
4. Fat: 31 grams
5. Fiber: 5 grams
6. Protein: 33 grams

7. SaturatedFat: 9 grams
 8. Sodium: 900 milligrams
 9. Sugar: 3 grams
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