

# Mexican Turkey Burgers

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-turkey-burgers-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1 onion medium, finely chopped
- 1 green bell pepper medium, finely chopped
- 2 cloves garlic minced
- 1 cup salsa
- 15 1/4 ounces whole kernel corn, drained
- 1 pound ground turkey
- 1 1/4 ounces taco seasoning mix
- 1/3 cup dry bread crumbs
- 6 flour tortillas 10 inch
- 6 tablespoons sour cream
- 2 cups shredded lettuce

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 65 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1150 milligrams
9. Sugar: 6 grams

---

Thank you for visiting our website. Hope you enjoy Mexican Turkey Burgers above. You can see more 20 mexican turkey burgers recipe Elevate your taste buds! to get more great cooking ideas.