

Seriously Good Turkey Burger

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mushroom-and-swiss-turkey-burger-recipe>

Ingredients:

- 1 1/2 tablespoons olive oil
- 6 ounces mushrooms trimmed and very finely chopped
- 2 garlic cloves finely minced
- 1 tablespoon fish sauce or Worcestershire sauce
- 1 1/2 tablespoons ketchup see our homemade ketchup recipe
- 1 pound lean ground turkey 93% lean preferred
- salt
- fresh ground black pepper

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 90 milligrams
4. Fat: 14 grams
5. Protein: 21 grams
6. SaturatedFat: 3 grams
7. Sodium: 710 milligrams
8. Sugar: 2 grams

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