

# Indian Turkey Burgers With Lime, Cucumbers, and Chutney

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/pita-bread-sandwich-indian-recipe>

## Ingredients:

- 4 garlic cloves large unpeeled
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon ground coriander
- 3/4 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1 1/4 pounds ground turkey
- 10 ounces frozen chopped spinach thawed and squeezed dry
- 2 tablespoons fresh ginger minced
- 1 jalapeno pepper seeded and minced
- 1/2 cucumber large, sliced thin
- 1 tablespoon fresh lime juice
- 1/4 cup chutney Major Grey
- 4 pita breads small, 4 inch

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 110 milligrams
4. Fat: 14 grams
5. Fiber: 7 grams
6. Protein: 34 grams
7. SaturatedFat: 3 grams
8. Sodium: 810 milligrams
9. Sugar: 12 grams

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