

# Italian Turkey Burgers

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 1 pound turkey ground Canadian
- 1 teaspoon oregano
- 1/2 teaspoon thyme
- 1/2 teaspoon basil
- 1 teaspoon minced garlic
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 cup grated Parmesan
- 1/2 bread crumbs fine
- mozzarella cheese sliced
- 1/4 cup pizza sauce
- 8 burger buns
- 1 tomato sliced
- 2 tablespoons unsalted butter melted
- 1 teaspoon garlic powder
- 1 teaspoon parsley

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 105 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 37 grams
7. SaturatedFat: 9 grams
8. Sodium: 830 milligrams
9. Sugar: 6 grams

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