

Indian Curry Turkey Burgers

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/red-pepper-curry-recipe-indian>

Ingredients:

- 1 1/4 pounds ground turkey
- 1/3 cup panko crumbs
- 1/4 cup red pepper diced
- 1/4 cup chopped cilantro
- 1 tablespoon curry powder
- 1 teaspoon sweet chili sauce optional
- 1/2 teaspoon fresh ginger finely chopped
- 1 clove garlic minced
- salt
- pepper
- 4 hamburger buns toasted if desired
- mango chutney optional
- lettuce optional
- curry sauce
- 1/2 cup plain yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon curry powder
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 120 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 32 grams
7. SaturatedFat: 4.5 grams

8. Sodium: 700 milligrams
 9. Sugar: 16 grams
-

Thank you for visiting our website. Hope you enjoy Indian Curry Turkey Burgers above. You can see more 17 red pepper curry recipe indian They're simply irresistible! to get more great cooking ideas.