

Turkish Beef Burger

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-beef-recipe>

Ingredients:

- 1 pound ground beef 93% or leaner
- 1/2 cup couscous cooked
- 1 egg lightly beaten
- 2 tablespoons fresh mint leaves finely chopped
- 2 teaspoons minced garlic
- 1 teaspoon lemon zest
- 1/2 teaspoon salt
- 4 whole grain hamburger buns
- 4 slices red onion
- 2 cups romaine lettuce
- 1/2 sauce Creamy Cucumber-Yogurt, or tzatziki sauce
- 1/2 cup cucumber peeled, finely chopped or grated
- 1/2 cup nonfat yogurt plain
- 1 teaspoon fresh mint leaves finely chopped
- 1 teaspoon fresh parsley leaves finely chopped
- 1 teaspoon minced garlic
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 130 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 34 grams
7. SaturatedFat: 8 grams
8. Sodium: 870 milligrams
9. Sugar: 9 grams

10. TransFat: 1 grams

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