

# Easy Grilled Turkey Burger

Yield: 4 min  
Total Time: 26 min

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

## Ingredients:

- 1 pound turkey ground raw
- 1 beaten egg
- 1/3 cup dry bread crumbs fine
- 1/4 cup green pepper finely chopped
- 2 green onions finely chopped
- 2 tablespoons milk
- provolone cheese
- 4 buns wheat
- greek yogurt will substitute as your mayonnaise
- Sriracha with substitute as your ketchup

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 110 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 31 grams
7. SaturatedFat: 5 grams
8. Sodium: 460 milligrams
9. Sugar: 7 grams

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