

# BBQ Turkey Burgers

*Doug Kosch - Traverse City, MI  
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## Servings: 4

*3/4 cup ketchup  
1 clove garlic, grated  
2 tablespoons honey  
1 tablespoon cider vinegar  
3 teaspoons low-sodium soy sauce  
1 1/4 pounds ground turkey  
1/4 cup parsley, chopped  
white cheddar cheese (optional)  
whole wheat buns*

## Preparation Time: 10 minutes

### grill: 11 minutes

Heat the grill or grill pan to medium-high.

In a small pot over medium-low heat, combine the ketchup, garlic, honey, vinegar and two teaspoons of the soy sauce. Bring to a simmer. Cook for 10 minutes. Set aside to cool.

In a bowl, combine the turkey, 1/4 cup of the barbecue sauce, the parsley and remaining one teaspoon of the soy sauce. Form into four patties.

Lightly oil the grill or grill pan.

Grill the burgers for 5 minutes. Flip and grill for another 4 minutes or until the burgers reach 160 degrees on an instant-read thermometer. (If adding the cheese, place on the burger after it is flipped.)

Grill the buns for 1 to 2 minutes until toasted.

Serve with the remaining barbecue sauce.

Start to Finish Time: 31 minutes

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Per Serving (excluding unknown items): 296 Calories; 12g Fat (35.8% calories from fat); 26g Protein; 22g Carbohydrate; 1g Dietary Fiber; 112mg Cholesterol; 820mg Sodium. Exchanges: 3 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1 1/2 Other Carbohydrates.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	296
% Calories from Fat:	35.8%
% Calories from Carbohydrates:	29.6%
% Calories from Protein:	34.6%
Total Fat (g):	12g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	112mg
Carbohydrate (g):	22g
Dietary Fiber (g):	1g
Protein (g):	26g
Sodium (mg):	820mg
Potassium (mg):	588mg
Calcium (mg):	35mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	12mg
Vitamin A (i.u.):	659IU
Vitamin A (r.e.):	68RE

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	23mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	3 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1 1/2

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	296	Calories from Fat: 106
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### % Daily Values\*

<b>Total Fat</b>	12g	18%
Saturated Fat	3g	16%
<b>Cholesterol</b>	112mg	37%
<b>Sodium</b>	820mg	34%
<b>Total Carbohydrates</b>	22g	7%
Dietary Fiber	1g	3%
<b>Protein</b>	26g	

<b>Vitamin A</b>	13%
<b>Vitamin C</b>	20%
<b>Calcium</b>	4%
<b>Iron</b>	14%

\* Percent Daily Values are based on a 2000 calorie diet.