

Southwestern Turkey Burgers

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Servings: 4

1 pound 93% lean ground turkey
1/2 cup canned black beans, drained
and rinsed
1 cup salsa, divided
1/2 cup red onion, chopped
1/4 teaspoon salt
pepper (to taste)
4 hamburger buns, split
sliced avocado
sliced red onion
lettuce (optional)

In a large bowl, mix the turkey, black beans, 1/2 cup of the salsa, onion, salt and pepper. Form into four patties.

Lightly oil the grates of the grill. Heat the grill to medium heat.

Grill the burgers for 7 to 8 minutes per side, until fully cooked.

Serve the burgers on the buns. Top with the remaining salsa, avocado, red onion slices and lettuce, if desired.

Using salsa and beans in the burgers keeps them juicy and the beans add a fiber boost.

Per Serving (excluding unknown items): 176 Calories; 3g Fat (13.4% calories from fat); 6g Protein; 32g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 756mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.

Grilled, Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	176
% Calories from Fat:	13.4%
% Calories from Carbohydrates:	71.9%
% Calories from Protein:	14.7%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	32g
Dietary Fiber (g):	4g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	55mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
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Protein (g): 6g
Sodium (mg): 756mg
Potassium (mg): 230mg
Calcium (mg): 84mg
Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 10mg
Vitamin A (i.u.): 390IU
Vitamin A (r.e.): 39RE

Lean Meat: 0
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 176 Calories from Fat: 24

% Daily Values*

Total Fat	3g	4%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	756mg	31%
Total Carbohydrates	32g	11%
Dietary Fiber	4g	17%
Protein	6g	

Vitamin A	8%
Vitamin C	17%
Calcium	8%
Iron	11%

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