

Turkey-Cheddar Burgers

Everyday Food Magazine - June 2012

Servings: 8

*1 tablespoon vegetable oil
1 medium sweet onion (such as
Vidalia), diced small
2 cloves garlic, minced
2 pounds ground dark turkey
3 tablespoons plain dried
breadcrumbs
2 tablespoons grainy mustard
1/4 cup chopped fresh parsley
salt and pepper
8 slices sharp Cheddar cheese
8 hamburger buns
toppings (such as mayonnaise,
mustard, tomato and lettuce)
(optional)*

In a large skillet, heat the oil over medium-high. Add the onion and saute' until translucent, 6 to 7 minutes. Add the garlic and cook until fragrant, 1 minute.

Transfer to a medium bowl and add the turkey, breadcrumbs, mustard and parsley. Gently mix until combined and form into eight patties.

Heat a grill or grill pan to medium-high. Clean and lightly oil the hot grill.

Season the patties with salt and pepper, then brush with oil.

Grill, covered, until cooked through, about 4 minutes per side. During the last minute of cooking, top each burger with cheese and cover the grill.

Serve the burgers on buns with the desired toppings.

Per Serving (excluding unknown items): 600 Calories; 42g Fat (62.7% calories from fat); 32g Protein; 24g Carbohydrate; 1g Dietary Fiber; 119mg Cholesterol; 997mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 6 Fat.

Grill, Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	600	Vitamin B6 (mg):	.1mg
% Calories from Fat:	62.7%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	15.8%	Thiamin B1 (mg):	.2mg

% Calories from Protein:	21.5%
Total Fat (g):	42g
Saturated Fat (g):	25g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	119mg
Carbohydrate (g):	24g
Dietary Fiber (g):	1g
Protein (g):	32g
Sodium (mg):	997mg
Potassium (mg):	191mg
Calcium (mg):	887mg
Iron (mg):	2mg
Zinc (mg):	4mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	1298IU
Vitamin A (r.e.):	370 1/2RE

Riboflavin B2 (mg):	.6mg
Folacin (mcg):	65mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	4
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	6
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	600	Calories from Fat: 376
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% Daily Values*

Total Fat	42g	64%
Saturated Fat	25g	123%
Cholesterol	119mg	40%
Sodium	997mg	42%
Total Carbohydrates	24g	8%
Dietary Fiber	1g	5%
Protein	32g	

Vitamin A	26%
Vitamin C	5%
Calcium	89%
Iron	13%

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