



4 Servings

# lettuce-wrapped turkey burgers

## Ingredients

onions	1/2 cup
garlic	1 clove
cilantro leaves raw, coriander	1/2 Cup(s)
ground turkey 85% lean 15% fat raw	12 oz
green leaf lettuce	8 outer leaf

## Nutrition Totals

**Calories** 669 / **Carbs** 12 g / **Protein** 61 g / **Fat** 43 g / **Fluid** 14 fl oz

## Instructions

1. Heat grill, or turn the broiler on low.
2. Mince onions, garlic and cilantro and combine with ground turkey. Mix well.
3. Divide turkey mixture into 4 patties.
4. Grill or broil until cooked through and juices run clear.
5. Add salt and pepper to taste.
6. Wrap each patty in two lettuce leaves.

## Nutrition Label

<b>Lettuce-Wrapped Turkey Burgers</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>167</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 10.7g	<b>17%</b>
Saturated Fat 2.9g	<b>15%</b>
Trans Fat 0.1g	
<b>Cholesterol</b> 66.3mg	<b>22%</b>
<b>Sodium</b> 60.2mg	<b>3%</b>
<b>Total Carbohydrates</b> 2.9g	<b>1%</b>
Dietary Fiber 0.8g	<b>4%</b>
Total Sugar 0.9g	
<b>Protein</b> 15.2g	
<b>Vitamin D</b> 11.9IU	<b>2%</b>
<b>Calcium</b> 50.3mg	<b>5%</b>
<b>Iron</b> 1.5mg	<b>9%</b>
<b>Potassium</b> 291.5mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.