

Turkey Burgers with Italian Sausage

Jennifer Segal - Potomac, MD onceuponachef.com
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Servings: 8

1 1/4 pounds Italian turkey sausage
1 1/4 pounds 93% lean ground turkey
1/2 teaspoon pepper
2 teaspoons Worcestershire sauce
2 teaspoons Dijon mustard
8 hamburger buns, split
sliced Cheddar cheese (optional)
lettuce (optional)
sliced tomatoes (optional)
sliced pickles (optional)

Remove the sausage from its casings. Place the sausage in a large bowl. Add the ground turkey, pepper, Worcestershire and mustard. Using your hand, mix together until well combined. Form into eight patties about 1/2-inch thick. Place the patties on a foil-lined baking sheet. Cover until ready to cook.

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

Grill the burgers for 5 minutes. Turn the patties and cook for another 5 minutes, placing the cheese slices on top of the patties during the last minute of grilling, if using.

Toast the buns on the grill. Serve the burgers on buns and top with lettuce, tomatoes and pickles, if desired.

Per Serving (excluding unknown items): 125 Calories; 2g Fat (16.4% calories from fat); 4g Protein; 22g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 269mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Grilled, Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	125	Vitamin B6 (mg):	trace
% Calories from Fat:	16.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	71.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	12.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	41mcg
			2mg

Saturated Fat (g): 1g
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 22g
Dietary Fiber (g): 1g
Protein (g): 4g
Sodium (mg): 269mg
Potassium (mg): 74mg
Calcium (mg): 63mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 2IU
Vitamin A (r.e.): 1/2RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 125 **Calories from Fat:** 21

% Daily Values*

Total Fat 2g 3%
 Saturated Fat 1g 3%
Cholesterol 0mg 0%
Sodium 269mg 11%
Total Carbohydrates 22g 7%
 Dietary Fiber 1g 5%
Protein 4g

Vitamin A 0%
Vitamin C 4%
Calcium 6%
Iron 8%

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