

# Turkey-Cheddar Burgers

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## 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.

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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

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

<b>Riboflavin B2 (mg):</b>	.6mg
<b>Folacin (mcg):</b>	65mcg
<b>Niacin (mg):</b>	2mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	n n%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 600 **Calories from Fat:** 376

#### % Daily Values\*

<b>Total Fat</b> 42g	64%
Saturated Fat 25g	123%
<b>Cholesterol</b> 119mg	40%
<b>Sodium</b> 997mg	42%
<b>Total Carbohydrates</b> 24g	8%
Dietary Fiber 1g	5%
<b>Protein</b> 32g	
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<b>Vitamin A</b>	26%
<b>Vitamin C</b>	5%
<b>Calcium</b>	89%
<b>Iron</b>	13%

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