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# Delicious turkey burgers

Recipe by: Trudi Davidoff

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Ready in **30 min**

Picture by: Nobody'sGirl

This is a simple recipe. After making them the first time my husband said 'no more' to beef burgers. These are really good - any cooking method may be used, and they freeze very well.

## Ingredients

Serves: 12

1.3kg (3 lb) minced turkey

30g (1 oz) dried breadcrumbs

1/2 onion, finely diced

2 egg whites, lightly beaten

small handful chopped fresh parsley

1 clove garlic, peeled and minced

1 teaspoon salt

1/4 teaspoon freshly ground black pepper

## Preparation method

Prep: 15 min | Cook: 15 min

1. In a large bowl, mix turkey, breadcrumbs, onion, egg whites, parsley, garlic, salt and pepper. Form into 12 burgers.
2. Cook in a medium frying pan over medium heat, turning once, to an internal temperature of 85 C.

## Nutrition

Calories 183.1 kcal

Calories from Fat 85 kcal

Fat 9.4 g

Saturated Fat 2.6 g

Cholesterol 89.6 mg

Sodium 376.6 mg

Potassium 292.7 mg

Carbohydrates 2.3 g

Dietary Fibre 0.2 g

Protein 20.8 g

Vitamin A 21.3 mcg

Vitamin C 2 mg

Calcium 20.7 mg

Iron 1.6 mg

Thiamin 0.1 mg

Niacin Equivalents 8 mg

Vitamin B6 0.4 mg

Magnesium 24.2 mg

Folate 13.4 mcg

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