

Teriyaki Turkey Burgers

[Cooking for Two](#) [Cooking for 20 Minutes or Less](#) [2019 Menu](#) [Cooking Ideas](#) [Cooking Tips](#)

Teriyaki Turkey Burgers

Ingredients

- 1/4 cup Kikkoman Teriyaki Baste & Glaze, divided
- 1 (8 ounce) can pineapple slices, drained, reserve 1/4 cup juice
- 1 pound ground turkey or chicken
- 1 teaspoon grated fresh ginger
- 1/4 cup Kikkoman Panko Bread Crumbs
- 4 whole grain hamburger buns
- 4 slices cheddar cheese

Process

Stir together Kikkoman Teriyaki Baste & Glaze and reserved pineapple juice in a small bowl. Remove 2 tablespoons sauce for burgers.

Mix together turkey, ginger, Kikkoman Panko Bread Crumbs and 2 tablespoons Teriyaki mixture. Shape into 4 patties.

Grill patties, brushing with remaining Teriyaki mixture until desired doneness. Place pineapple slices on grill and cook until lightly golden brown.

Serve burger on buns with cheese and pineapple.

Nutrition

Servings: 4

Calories: 531cal

Fat: 24.3g

Carbs: 39.6g

Protein: 43.6