

# Avocado Turkey Burgers

## Ingredients:

- 1 pound ground turkey
- 1 large avocado, cut into chunks or gently mashed
- 1 tablespoon garlic, minced
- 1 teaspoon chili powder
- 1/2 teaspoon pepper
- 1/3 cup bread crumbs

## Directions:

1. Add all ingredients (except breadcrumbs) to a large bowl and gently mix together.
2. Shape into patties. If the mix is too moist and won't form into patties, add 1/3 cup bread crumbs.
3. Grill, making sure to cook turkey meat completely. Enjoy!

<b>Nutrition Facts</b>	
Serving Size 1 burger (139g)	
Servings Per Container 5	
<b>Amount Per Serving</b>	
<b>Calories 210</b>	<b>Calories from Fat 110</b>
<b>% Daily Value*</b>	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
<b>Protein 19g</b>	
Vitamin A 2%	• Vitamin C 8%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:   2,000   2,500	
Total Fat	Less than 65g   80g
Saturated Fat	Less than 20g   25g
Cholesterol	Less than 300mg   300mg
Sodium	Less than 2,400mg   2,400mg
Total Carbohydrate	300g   375g
Dietary Fiber	25g   30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: [thelovenerds.com](http://thelovenerds.com)

