

American Turkey Burger with Egg, Lettuce and Mayonnaise



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes



Ingredients

- 500g Lean turkey mince
- 1 Egg
- 1 tsp American mustard
- 1 small Onion (diced)
- ½ cup Bread crumbs
- 4 Burger buns
- 4 Eggs (hard boiled, peeled and sliced)

- 4 tbsp Low fat mayonnaise
- ½ Iceberg lettuce (sliced)

Method

Place turkey mince into a bowl, add onion, egg, mustard, crumbs, season and mix well. Divide mixture into four equal amounts and form into patties. Grill gently on a BBQ or pan fry until cooked. Mix eggs and mayonnaise together. Split buns in half, top the bottoms of the buns with equal amounts of lettuce. Then add the patties and egg mixture and finish by adding the top of bun.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
386g	2410kj 576kcal	45.7g	16.4g	4.2g	57.8g	11.6g	823mg	4.5g

All nutrition values are per serve.