

DINNER

Herb-and-Citrus Turkey Burgers

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$2.12	136 kcal

Herb-and-Citrus Turkey Burgers requires roughly 45 minutes from start to finish. One portion of this dish contains around 27g of protein, 2g of fat, and a total of 136 calories. This gluten free, dairy free, fodmap friendly, and whole 30 recipe serves 4 and costs \$2.12 per serving.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 1 tablespoon minced fresh sage
- ☐ 1 tablespoon thawed orange juice concentrate, undiluted
- ☐ ½ teaspoon salt
- ☐ 2 tablespoons minced fresh basil
- ☐ 1 pound ground turkey
- ☐ 1 teaspoon grated orange rind

EQUIPMENT Bowl, Grill

Method

- 1 Combine all ingredients in a bowl. Divide turkey mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- 2 Prepare grill.
- 3 Place patties on grill rack; grill 7 minutes on each side or until done.

Nutrition per serving

136	27 g	2 g	2 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.6 g · 4% of daily needs
Sugar			1.1 g · 1% of daily needs
Sodium			349 mg · 15% of daily needs
Cholesterol			62.4 mg · 21% of daily needs
Vitamin C			6.2 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/herb-and-citrus-turkey-burgers-142980