

# Turkey Burgers with Cranberry-Peach Chutney

**Serving Size** 1 burger

**Servings** 4

**Prep Time** 9 min

**Cook Time** 6 min



## Nutrition Information

Calories	342
Fat	10 g
Saturated fat	2.9 g
Monounsaturated fat	0.5 g
Polyunsaturated fat	1 g
Protein	28.2 g
Carbs	35.8 g
Fiber	3.6 g
Cholesterol	71 mg
Sodium	447 mg

## Health Benefit

Low Fat

## Ingredients

1 pound [ground turkey breast](#)

1 large [egg white](#)

1/4 teaspoon [salt](#)

1/4 teaspoon [black pepper, freshly ground](#)

4 [lettuce leaves](#)

4 (1 1/2-ounce) [whole wheat hamburger buns](#)

## Directions

1. Combine turkey and next 3 ingredients. Divide turkey mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
2. Heat a large nonstick skillet over medium heat; coat pan with cooking spray. Add patties; cook 3 to 4 minutes on each side or until a thermometer registers 165°.
3. Place 1 lettuce leaf on bottom half of each bun; top each with 1 burger. Spread 2 tablespoons Cranberry-Peach Chutney on inside of each bun top; place each on top of 1 burger.

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