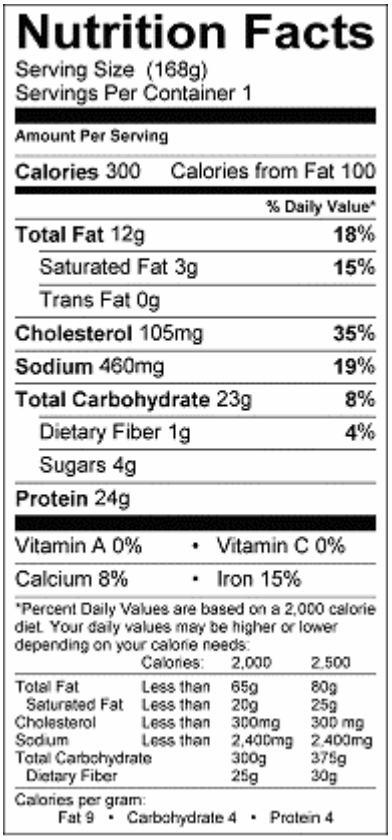
Turkey Burger

Ingredients

Turkey, Buns, hamburger, Sauce, worcestershire, Eggs, Ketchup, Onion, Garlic Powder, Salt, Pepper.

Nutrients per serving



Nutrition Facts

Serving Size (168g)
Servings Per Container 1

Amount Per Serving

Calories 300 Calories from Fat 100

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 105mg	**35%**
Sodium 460mg	**19%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 24g	

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 15%

*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4