

# TURKEY & BACON BURGERS

**Time: 10 minutes (plus cooking time)**

**Serves: 8**

## **Ingredients:**

900g ground turkey breast  
150g bacon - chopped  
10g salt  
5g onion powder  
1g fresh ground black pepper

## **Preparation:**

Place all ingredients in a large bowl. Mix with your hands to evenly distribute seasoning and bacon.

Form into eight patties.

Freeze or cook immediately (medium grill or pan works best) to an internal temperature of 74C.

## **Nutritional Information Per Serving:**

Calories: 246	<b>Hand-Size Portion Guide</b>
Fat: 17g	Palms of Protein: 1
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 23g	Thumbs of fat: 0