AMERICAN · LUNCH · DINNER

Juicy Turkey Burger Lettuce Wraps (Low-Carb)

25 min · Serves 4 · 405 kcal a serve · Video 5:39 · Downshiftology

Nut-free

A lettuce 'bun' instead of bread keeps a burger to about 5 g net carbs, with around 30 g protein from lean turkey and cheddar.

Diet notes: Keto (5.4 g net carbs a serve); Gluten-free with a swap: Use a gluten-free Worcestershire sauce — check the label.

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Ingredients 15 · SERVES 4

- [ ] 1 lb **ground turkey**, 93% lean
- [ ] 1 tbsp **mayonnaise** (for the patties)
- [ ] 1 tbsp **Dijon mustard**
- [ ] 1 tsp **Worcestershire sauce**
- [ ] 3 **garlic** cloves, minced
- [ ] 1 tsp **kosher salt**
- [ ] ½ tsp **freshly ground black pepper**
- [ ] 2 tbsp extra **virgin olive oil**, for cooking
- [ ] 4 slices **sharp cheddar**
- [ ] large **lettuce leaves** for wrapping (about 1 oz a burger)
- [ ] sliced **onion**, to serve (about ½ small onion)
- [ ] sliced **tomato**, to serve (optional)
- [ ] **mini pickles**, sliced, to serve
- [ ] **mayo**, to serve (about 1 tsp a burger)
- [ ] **ketchup**, to serve (about 1 tsp a burger)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Fish, Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the turkey in a bowl with the mayonnaise, Dijon, Worcestershire, garlic, salt and pepper and mix with your hands until just combined — don't overwork it. 0:55
2. Divide the mixture into 4 with a knife, roll each portion and press into a patty. The mix will feel soft. Lay them on a parchment-lined tray. 1:53
3. Heat a pan over medium heat with the olive oil and cook the patties about 5 minutes a side until golden and cooked right through (165°F). 2:38
4. Lay a slice of cheddar on each patty while hot to melt, and slice the tomato, onion and pickles. 4:16
5. For each burger, layer lettuce, onion, the cheesy patty, pickles, a little mayo and ketchup, then a top lettuce leaf, and squeeze together. 4:36

> **Tip** Freeze extra patties with parchment between them for up to 3 months; they keep 3–4 days in the fridge. Prefer a bowl? Serve the patty over chopped lettuce with the same toppings.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
405 kcal	30 g	6.9 g	1.6 g	29 g	970 mg
1,690 kJ	60% of a day	5.4 g net · 3.4 g sugars	6% of a day	8.7 g saturated	42% of a day
		3% of a day		38% of a day	

Energy from net carbs 5% · protein 30% · fat 65% — fits keto: 5.4 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Vitamin B12 65% · Selenium 63% · Omega-3 48% · Vitamin K 47% · Vitamin B6 37% · Zinc 35% · Vitamin A 22%

Source of (10–19%) Calcium 16% · Folate 15% · Iron 12% · Vitamin E 12% · Potassium 10% · Magnesium 10%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=bPLpPFtpDww, published 24 August 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/turkey-burger-lettuce-wraps