Turkey (Ground)

Bun

Dinner D4-12

Low SF

Low Sodium

Turkey Burgers with Blue Cheese Celery Slaw

1 medium (192g) Fuji Apple

Notes:	*Servings*	*Prep*	*Cook*	*Total*
	4	20 min	15 min	35 min

Nutritional Information

1/2/2026

	Burger	*Apple*	*Total*
Calories	320	*121*	*441*
Total Fat (g)	13	*0*	*13*
Saturated Fat (g)	**5**	***0***	***5***
Cholesterol (mg)	**59**	***0***	***59***
Sodium (mg)	**508**	***2***	***510***
Carbs (g)	**30**	***29***	***59***
Fiber	0	*4*	*4*
Sugar	7	*22*	*29*
Protein (g)	20	*0*	*20*

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
2	2		2			1

MM ***4 Carb Count*** ***6 HH Score***

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