



## Hamburguesas de Pavo

### Ingredientes:

- 1¼ libras de carne de pavo molida
- 1 taza de migajas de pan
- 1 huevo
- ¼ taza de cebolla verde picada
- 1 cucharada de mostaza preparada
- ½ taza de caldo de pollo
- Aceite en aerosol

### Instrucciones:

1. Mezcle la carne de pavo molida, migajas de pan, huevo, cebollas y mostaza en un tazón grande. Forme 4 pastelitos o hamburguesas, más o menos de ½ pulgada de grueso.
2. Engrase una sartén grande con el aceite en aerosol. Agregue los pastelitos y cocine, volteando una vez para dorar el otro lado. Cocine hasta obtener un color café-dorado por fuera y blanco por dentro, unos 10 minutos. Saque del fuego.
3. Agregue el caldo de pollo a la sartén y caliente a fuego algo hasta que se espese ligeramente el caldo, más o menos 1 o 2 minutos. Sirva la salsa sobre las hamburguesas.
4. Sirva sobre pan.

*Rinde: 4 porciones, 1 hamburguesa cada una*

**Fuente:** Adapted from: Quick and Healthy Meals, Tips and Tools for Planning Meals for Your Family, Cuyahoga County, Ohio State University Extension, Last Modified: Oct 22, 2008

## Nutrition Facts

servings per container  
**Serving size 1 patty (209g)**

Amount per serving  
**Calories 390**

% Daily Value\*

**Total Fat 17g 22%**

Saturated Fat 4g 20%

Trans Fat 0g

**Cholesterol 170mg 57%**

**Sodium 890mg 39%**

**Total Carbohydrate 16g 6%**

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 2g Added Sugars 4%

**Protein 43g**

Vitamin D 1mcg 6%

Calcium 76mg 6%

Iron 3mg 15%

Potassium 464mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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