



OMG Onion Mushroom Goodness Burgers



1/5th of recipe (1 patty): 185 calories, 8.25g total fat (3g sat. fat), 535mg sodium, 4.5g carbs, 0.75g fiber, 1.5g sugars, 23.5g protein

[Click for WW Points® value*](#)

Prep: 10 minutes **Cook:** 15 minutes



More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [5 Ingredients or Less](#), [Four or More Servings](#)

Ingredients

2 cups chopped mushrooms
1 1/4 lbs. raw lean ground turkey
One 1-oz. packet onion soup/dip seasoning mix

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and stir mushrooms until softened, about 5 minutes.

Transfer to a large bowl. Add turkey and seasoning mix. Thoroughly mix. Evenly form into 5 patties.

Bring a grill pan (or large skillet) sprayed with nonstick spray to medium-high heat. Cook patties for about 5 minutes per side, until cooked through.

MAKES 5 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.