



 **18%**
HEALTH SCORE

Amazing Chicken Burgers

READY IN



45 min.

SERVINGS



3

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby spinach loosely packed finely chopped
- 3 servings mozzarella fresh
- 1 lb ground chicken lean
- 0.5 cup seasoned bread crumbs italian
- 1.5 Tbsp basil pesto
- 0.8 cup roasted peppers finely chopped
- 3 servings salt and pepper
- 3 servings grain sandwich thins whole

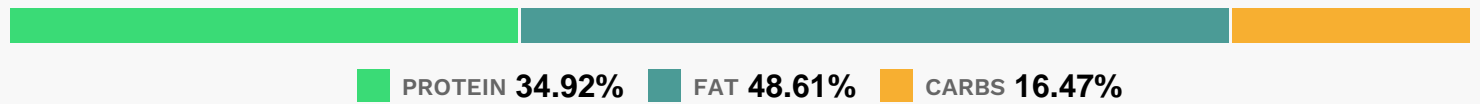
Equipment

- bowl
- frying pan
- grill
- grill pan

Directions

- In a bowl mix together the chicken, spinach, roasted peppers, pesto, bread crumbs, salt and pepper. Form into 3 equal sized patties. Cook on a hot grill pan for about 5–6 mins per side, depending on thickness and temp of the grill (pan), or until the juices run clear. Top with fresh mozzarella and place a bowl overtop to allow the steam to melt the cheese.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:0.21, Inflammation Score:-8, Nutrition Score:23.687391304348%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Taste

Sweetness: 15.41%, Saltiness: 100%, Sourness: 14.77%, Bitterness: 17.08%, Savoriness: 69.96%, Fattiness: 61.53%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 416.76kcal (20.84%), Fat: 22.54g (34.68%), Saturated Fat: 7.94g (49.64%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 15.33g (5.58%), Sugar: 1.76g (1.96%), Cholesterol: 152.95mg (50.98%), Sodium: 1288.4mg (56.02%), Protein: 36.44g (72.89%), Vitamin K: 59.35µg (56.53%), Vitamin B3: 9.98mg (49.92%), Vitamin B6: 0.9mg (45.02%), Phosphorus: 415.55mg (41.56%), Selenium: 25.33µg (36.18%), Vitamin B2: 0.56mg (32.75%), Vitamin A: 1498.78IU (29.98%), Potassium: 963.67mg (27.53%), Vitamin B12: 1.56µg (25.92%), Vitamin B1: 0.38mg (25.6%), Vitamin C: 19.63mg (23.79%), Zinc: 3.44mg (22.95%), Calcium: 224.25mg (22.42%), Manganese: 0.38mg (18.78%), Vitamin B5: 1.84mg (18.35%), Iron: 2.94mg (16.35%), Magnesium: 58.31mg (14.58%), Folate: 52.83µg (13.21%),

Copper: 0.21mg (10.44%), Fiber: 1.86g (7.42%), Vitamin E: 0.72mg (4.78%)