



Asian Chicken Burger with Spicy Lemongrass Mayo and Pickled Asian Slaw

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoons chili sauce such as sriracha
- 2 cloves garlic minced
- 4 cloves garlic minced
- 1.5 pounds ground chicken dark white
- 2 tablespoons hoisin sauce
- 1 juice of lime
- 4 servings kosher salt and cracked pepper black

- 4 servings kosher salt and pepper freshly ground
- 1 tablespoon bruised and lemongrass finely minced
- 1 cup mayonnaise
- 3 cups napa cabbage shredded finely
- 2 tablespoons pickled ginger thinly sliced
- 0.3 bell pepper red thinly sliced
- 0.3 cup rice wine vinegar
- 4 scallions white green minced
- 1 tablespoon sesame oil toasted
- 2 tablespoons sesame oil toasted
- 4 sesame-seed hamburger buns halved
- 1 tablespoon soya sauce

Equipment

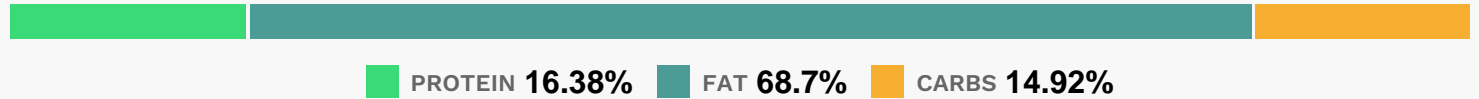
- bowl
- frying pan
- whisk
- mixing bowl

Directions

- Combine the chicken, hoisin, sesame oil, soy sauce, garlic and scallions in a large bowl.
- Mix together and form into 4 equal patties about 1/2-inch thick and 4 inches wide. This patty will be a bit wetter than your average patty because of the sauces and flavor in there.
- Sprinkle each side of the patties generously with salt and pepper. Create a small well in the center of each patty, using your thumb. Cook your patties on the griddle over medium heat until golden brown on each side and 160 degrees F, 4 to 5 minutes per side. Because of the sugar content in these patties, they can burn easily so watch your heat.
- Let rest 5 minutes.
- Place some of the spicy lemongrass mayo on each side of the buns.

- Add the chicken patties and top with the Pickled Asian Slaw. Finish with the top bun and serve with additional slaw and mayo on the side.
- Add the rice wine vinegar to a mixing bowl and whisk in the sesame oil and garlic. Season with salt and pepper.
- Add the ginger, cabbage and peppers and toss to coat with the dressing. Adjust the seasoning and let sit 20 minutes to let the flavors meld together before serving.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:14.31, Inflammation Score:-7, Nutrition Score:29.326086790665%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 894.16kcal (44.71%), Fat: 68.38g (105.21%), Saturated Fat: 12.42g (77.63%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 30.85g (11.22%), Sugar: 7.91g (8.79%), Cholesterol: 170.04mg (56.68%), Sodium: 1498.51mg (65.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.38%), Vitamin K: 146.15µg (139.19%), Vitamin B3: 12.09mg (60.44%), Vitamin B6: 1.16mg (57.76%), Selenium: 31.76µg (45.38%), Phosphorus: 404.09mg (40.41%), Vitamin C: 32.42mg (39.3%), Vitamin B2: 0.63mg (37.05%), Potassium: 1236.36mg (35.32%), Vitamin B1: 0.48mg (31.85%), Manganese: 0.62mg (30.82%), Folate: 106.69µg (26.67%), Zinc: 3.26mg (21.73%), Iron: 3.83mg (21.28%), Vitamin B5: 2.12mg (21.2%), Vitamin E: 2.95mg (19.63%), Vitamin B12: 1.11µg (18.43%), Magnesium: 66.91mg (16.73%), Calcium: 146.27mg (14.63%), Copper: 0.26mg (12.9%), Vitamin A: 600.81IU (12.02%), Fiber: 2.55g (10.2%)