



Asian Chicken Burgers

 Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small carrots
- ☐ 3 teaspoons asian chili sauce such as sambal oelek hot
- ☐ 1 tablespoon ginger grated peeled
- ☐ 1 pound ground chicken
- ☐ 0.3 cup hoisin sauce
- ☐ 1 juice of lime
- ☐ 4 teaspoons soya sauce low-sodium
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)

- ☐ 1 small onion red halved
- ☐ 2 teaspoons sesame oil toasted
- ☐ 4 sesame hamburger buns whole-wheat
- ☐ 8 ounces mushrooms white thinly sliced

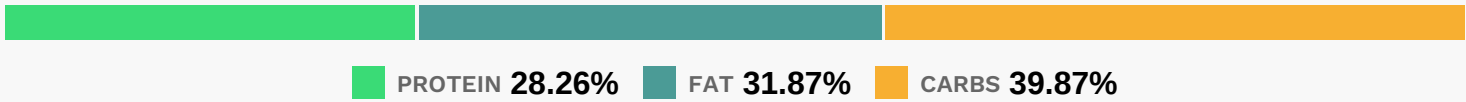
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F. Mist a baking sheet with cooking spray. Grate the carrot and 1/2 onion into a large bowl.
- ☐ Add the chicken, panko, 2 tablespoons hoisin sauce, the ginger, 3 teaspoons soy sauce and 1 teaspoon sambal oelek and mix until combined. Shape the chicken mixture into 4 patties and place on the prepared baking sheet.
- ☐ Bake until cooked through, about 20 minutes. Meanwhile, thinly slice the remaining 1/2 onion. Toss with the mushrooms, sesame oil, lime juice and the remaining 1 teaspoon soy sauce in a bowl.
- ☐ Mix the remaining 2 tablespoons hoisin sauce and 2 teaspoons sambal oelek with 1 tablespoon water in another bowl. Warm the hamburger buns in the oven.
- ☐ Serve the burgers on the buns with a drizzle of the hoisin-sambal sauce and some of the mushroom mixture.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:45.71, Glycemic Load:14.14, Inflammation Score:-9, Nutrition Score:21.4299999900901%

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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 389.21kcal (19.46%), Fat: 13.92g (21.42%), Saturated Fat: 3.45g (21.53%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 36.21g (13.17%), Sugar: 11.58g (12.87%), Cholesterol: 98.04mg (32.68%), Sodium: 827.06mg (35.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.78g (55.56%), Vitamin B3: 10.89mg (54.45%), Selenium: 29.89µg (42.7%), Vitamin A: 2119.51IU (42.39%), Vitamin B2: 0.71mg (41.82%), Vitamin B6: 0.75mg (37.57%), Phosphorus: 330.5mg (33.05%), Vitamin B1: 0.47mg (31.06%), Potassium: 979.56mg (27.99%), Vitamin B5: 2.22mg (22.16%), Manganese: 0.44mg (21.89%), Copper: 0.36mg (18.08%), Iron: 3.24mg (17.98%), Folate: 69.77µg (17.44%), Zinc: 2.52mg (16.77%), Magnesium: 53.93mg (13.48%), Vitamin B12: 0.76µg (12.6%), Fiber: 2.99g (11.96%), Calcium: 96.1mg (9.61%), Vitamin C: 7.52mg (9.12%), Vitamin K: 5.55µg (5.29%), Vitamin E: 0.71mg (4.72%)