



Asian Chicken Burgers with Peanut Sauce

 Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound skinned and boned chicken breasts coarsely chopped
- 1 tablespoon chile paste with garlic
- 1 teaspoon ginger fresh grated peeled
- 4 green onions chopped
- 4 lettuce leaves thinly sliced
- 0.3 teaspoon salt
- 8 oz sandwich rolls with sesame seeds
- 2 teaspoons soya sauce

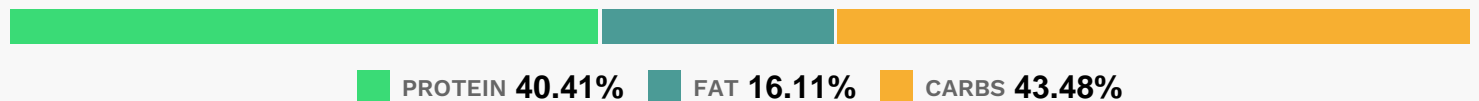
Equipment

- food processor
- grill

Directions

- Preheat grill to medium (300 to 350).
- Combine chicken, green onions, chile paste, ginger, soy sauce, and salt in a food processor; process until coarsely ground. Divide mixture into 4 equal portions; shape each portion into a 1/2-inch-thick patty.
- Grill patties over medium heat 4 minutes on each side or until done. Meanwhile, place sandwich rolls, cut sides down, on grill rack; grill 1 minute or until toasted.
- Serve patties on sandwich rolls with lettuce and peanut sauce, if desired.
- MENU IDEA FOR 4 * Asian Chicken Burgers with Peanut Sauce *
- Baked vegetable chips
- GROCERIES NEEDED Check staples: soy sauce, salt * 1 lb. skinned and boned chicken breasts * 1 bunch green onions * 1 jar chile paste with garlic * 1 small piece fresh ginger * 4 (2-oz.) sandwich rolls with sesame seeds * 1 head green leaf lettuce * 1 bottle peanut sauce (optional) * 1 bag baked vegetable chips

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:21.517825831538%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 309.2kcal (15.46%), Fat: 5.42g (8.33%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 30.98g (11.26%), Sugar: 1.94g (2.16%), Cholesterol: 72.57mg (24.19%), Sodium: 762.41mg (33.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.14%), Selenium: 58.74µg (83.92%), Vitamin

B3: 14.58mg (72.88%), Vitamin B6: 0.91mg (45.69%), Vitamin A: 1938.58IU (38.77%), Phosphorus: 312.39mg (31.24%), Vitamin B1: 0.38mg (25.31%), Vitamin K: 25.46µg (24.24%), Vitamin B2: 0.34mg (20.3%), Manganese: 0.39mg (19.28%), Folate: 76.19µg (19.05%), Vitamin B5: 1.87mg (18.7%), Potassium: 583.75mg (16.68%), Iron: 2.78mg (15.45%), Magnesium: 52.21mg (13.05%), Vitamin C: 8.6mg (10.43%), Zinc: 1.31mg (8.71%), Calcium: 78.38mg (7.84%), Fiber: 1.91g (7.64%), Copper: 0.14mg (7.17%), Vitamin E: 0.6mg (4.02%), Vitamin B12: 0.23µg (3.78%)