



## Baked Satay Burgers

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 lb ground chicken
- 4 flatbreads
- 1 serving romaine leaves
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 tablespoons soy sauce reduced-sodium
- 2 tablespoons creamy peanut butter
- 1 Dash hot sauce red
- 2 tablespoons seasoned rice vinegar

- 1 tablespoon soy sauce reduced-sodium
- 1 tablespoon creamy peanut butter
- 1 teaspoon ginger grated

## Equipment

- bowl
- baking sheet
- oven
- whisk
- kitchen thermometer
- aluminum foil
- ziploc bags

## Directions

- Divide chicken into 4 equal portions; gently pat each portion into burger-shaped patty, handling the meat as little as possible.
- Place patties in large resealable food-storage plastic bag.
- In small bowl, stir marinade ingredients with whisk.
- Pour marinade over patties. Seal bag and turn to coat. Refrigerate at least 30 minutes to marinate.
- Meanwhile, in another small bowl, mix sauce ingredients. Cover; refrigerate until serving time.
- Heat oven to 375°F. Line cookie sheet with nonstick foil (or line with regular foil and spray the foil with cooking spray).
- Remove patties from marinade; place on cookie sheet.
- Bake 30 minutes, turning once, until meat thermometer inserted in center of patties reads at least 165°F.
- Serve burgers on flatbreads with lettuce.
- Drizzle with sauce.

## Nutrition Facts



■ PROTEIN 28.13% ■ FAT 49.34% ■ CARBS 22.53%

## Properties

Glycemic Index:23.25, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:20.441304253495%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 450.6kcal (22.53%), Fat: 25.34g (38.98%), Saturated Fat: 5.53g (34.55%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 22.87g (8.31%), Sugar: 2.54g (2.82%), Cholesterol: 121.9mg (40.63%), Sodium: 739.63mg (32.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.5g (64.99%), Vitamin B3: 10.8mg (54%), Manganese: 0.97mg (48.45%), Selenium: 32.69µg (46.7%), Vitamin B6: 0.91mg (45.55%), Phosphorus: 387.14mg (38.71%), Potassium: 931.82mg (26.62%), Vitamin B2: 0.43mg (25.38%), Magnesium: 87mg (21.75%), Vitamin B1: 0.32mg (21.17%), Zinc: 3.11mg (20.71%), Vitamin B5: 2.05mg (20.47%), Vitamin E: 2.8mg (18.64%), Iron: 2.85mg (15.86%), Copper: 0.27mg (13.3%), Vitamin B12: 0.79µg (13.23%), Fiber: 3.17g (12.68%), Vitamin A: 444.28IU (8.89%), Folate: 33.35µg (8.34%), Vitamin K: 5.95µg (5.66%), Calcium: 26.78mg (2.68%), Vitamin C: 1.12mg (1.36%)