



Baked Satay Burgers

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon creamy peanut butter
- 2 tablespoons creamy peanut butter
- 1 teaspoon ginger grated
- 1.3 lb ground chicken
- 4 servings romaine leaves
- 1 tablespoon soy sauce reduced-sodium
- 2 tablespoons soy sauce reduced-sodium
- 2 tablespoons olive oil extra virgin extra-virgin

- 1 Dash hot sauce red
- 2 tablespoons seasoned rice vinegar
- 4 flatbreads

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 375F. 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 165F.
- Serve burgers on flatbreads with lettuce.
- Drizzle with sauce.

Nutrition Facts



■ PROTEIN 28.11% ■ FAT 49.04% ■ CARBS 22.85%

Properties

Glycemic Index:23.25, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:22.33913069186%

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: 453.3kcal (22.67%), Fat: 25.34g (38.98%), Saturated Fat: 5.53g (34.55%), Carbohydrates: 26.58g (8.86%), Net Carbohydrates: 23.23g (8.45%), Sugar: 2.72g (3.02%), Cholesterol: 121.9mg (40.63%), Sodium: 744.67mg (32.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.35%), Vitamin B3: 10.87mg (54.36%), Manganese: 1.02mg (51.15%), Selenium: 32.8µg (46.85%), Vitamin B6: 0.93mg (46.45%), Phosphorus: 392.36mg (39.24%), Vitamin A: 1777IU (35.54%), Potassium: 966.74mg (27.62%), Vitamin B2: 0.45mg (26.44%), Vitamin B1: 0.34mg (22.37%), Magnesium: 89.34mg (22.34%), Zinc: 3.14mg (20.95%), Vitamin B5: 2.05mg (20.47%), Vitamin E: 2.85mg (19%), Iron: 3.02mg (16.76%), Fiber: 3.35g (13.4%), Copper: 0.27mg (13.3%), Vitamin B12: 0.79µg (13.23%), Folate: 40.19µg (10.05%), Vitamin K: 5.95µg (5.66%), Vitamin C: 4.36mg (5.29%), Calcium: 33.26mg (3.33%)