



Banh Mi Chicken Burger

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 cup carrots shredded peeled (from 2 medium carrots)
- 2 tablespoons fish sauce
- 0.7 cup cilantro leaves fresh packed
- 1 tablespoon ginger fresh finely chopped
- 0.3 cup granulated sugar
- 1.5 pounds ground chicken dark white (meat or a mixture of and meat)
- 0.5 teaspoon kosher salt

- 2 teaspoons juice of lime freshly squeezed
- 1 teaspoon lime zest packed finely grated (from 1 medium lime)
- 4 the of 1 cos lettuce
- 4 sandwich rolls sweet french toasted sliced in half horizontally and
- 2 medium spring onion light white green finely chopped (and parts only)
- 4 servings vegetable oil for oiling the grill
- 0.3 cup vinegar white
- 2 tablespoons ginger/garlic paste

Equipment

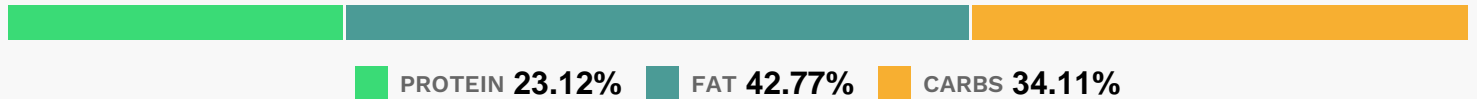
- bowl
- baking sheet
- paper towels
- sauce pan
- grill
- spatula
- tongs
- grill pan

Directions

- Place the vinegar, sugar, and salt in a small, nonreactive saucepan over medium heat. Cook, stirring occasionally, until the sugar and salt have dissolved.
- Remove from the heat, add the carrots, and stir to coat them in the pickling mixture.
- Let stand at room temperature until the carrots have softened, at least 30 minutes or overnight in the refrigerator.
- Place all of the ingredients except the chicken and oil in a large bowl and stir to combine.
- Add the ground chicken and mix with your hands until just evenly combined. Divide the meat mixture into 8 equal portions. Shape each portion into an even 1/2-inch-thick patty, wetting your hands with water as needed if the mixture is sticky.
- Transfer the patties to a baking sheet and refrigerate while you prepare the grill.

- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). When the grill is ready, use tongs to rub the grate with several layers of paper towels dipped in vegetable oil. Using a flat spatula, transfer the reserved patties to the grill, close the grill, and cook undisturbed (do not press down on the patties) until grill marks appear on the bottom, about 3 to 4 minutes. Using a clean spatula, flip the patties, close the grill, and cook until the patties are cooked through and the juices run clear, about 3 to 4 minutes more.
- Spread about 1 tablespoon of the chile mayonnaise on each top and bottom roll (2 tablespoons per sandwich).
- Place 2 of the chicken patties side by side on each bottom roll. Divide the cilantro leaves, pickled carrots, and romaine lettuce evenly among the sandwiches and cover with the top rolls.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:84.98, Glycemic Load:13.54, Inflammation Score:-10, Nutrition Score:31.803913116455%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 639.55kcal (31.98%), Fat: 30.53g (46.97%), Saturated Fat: 6.43g (40.19%), Carbohydrates: 54.77g (18.26%), Net Carbohydrates: 51.48g (18.72%), Sugar: 20.18g (22.42%), Cholesterol: 146.28mg (48.76%), Sodium: 1438.24mg (62.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.13g (74.26%), Vitamin A: 8043.04IU (160.86%), Vitamin K: 84.41µg (80.39%), Vitamin B3: 12.65mg (63.25%), Selenium: 41.96µg (59.94%), Vitamin B6: 1.1mg (54.85%), Phosphorus: 397.52mg (39.75%), Vitamin B2: 0.67mg (39.22%), Potassium: 1223.96mg (34.97%), Vitamin B1: 0.52mg (34.83%), Manganese: 0.57mg (28.69%), Folate: 111.77µg (27.94%), Vitamin B5: 2.3mg (23.03%), Iron: 4.03mg (22.39%), Zinc: 3.34mg (22.26%), Magnesium: 80mg (20%), Vitamin B12: 1µg (16.6%), Vitamin E: 2.22mg (14.78%), Copper: 0.28mg (13.95%), Fiber: 3.3g (13.19%), Calcium: 111.48mg (11.15%), Vitamin C: 8.51mg (10.31%)