



BBQ-Buffalo Chicken Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp original barbecue sauce kraft
- 0.3 cup cheese dressing blue kraft
- 0.3 cup buffalo wing sauce
- 2 carrots cut into sticks
- 2 stalks celery cut into sticks
- 1 eggs
- 1 lb ground chicken
- 4 hamburger buns
- 4 leaf lettuce leaves

- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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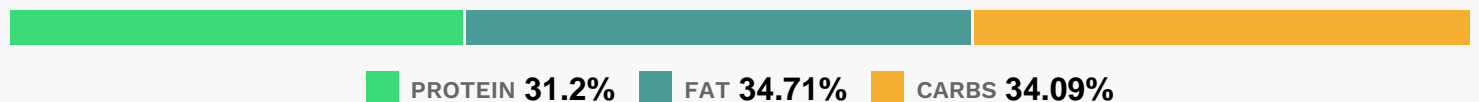
Equipment

- bowl
- grill

Directions

- Heat grill to medium-high heat.
- Mix sauces in medium bowl.
- Remove 1/4 cup; reserve for later use.
- Combine chicken, coating mix and egg; mix well. Shape into 4 (1/2-inch-thick) patties.
- Grill 6 to 8 min. on each side or until done (165F), brushing with remaining sauce mixture for the last 2 min.
- Fill buns with lettuce, burgers and reserved sauce.
- Serve with celery, carrots and blue cheese dressing.

Nutrition Facts



Properties

Glycemic Index:35.21, Glycemic Load:13.93, Inflammation Score:-10, Nutrition Score:20.896086962327%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 343.09kcal (17.15%), Fat: 13.18g (20.27%), Saturated Fat: 3.73g (23.33%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 27.09g (9.85%), Sugar: 8.15g (9.05%), Cholesterol: 138.6mg (46.2%), Sodium: 1024.64mg (44.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.65g (53.29%), Vitamin A: 5338.5IU (106.77%),

Vitamin B3: 8.55mg (42.77%), Selenium: 27.11µg (38.73%), Vitamin B6: 0.69mg (34.69%), Phosphorus: 297.23mg (29.72%), Vitamin B2: 0.5mg (29.5%), Vitamin B1: 0.39mg (26.12%), Potassium: 831.6mg (23.76%), Manganese: 0.34mg (16.85%), Iron: 2.87mg (15.94%), Vitamin B5: 1.55mg (15.53%), Folate: 60.73µg (15.18%), Zinc: 2.28mg (15.18%), Vitamin B12: 0.85µg (14.24%), Vitamin K: 13.87µg (13.21%), Calcium: 109.74mg (10.97%), Magnesium: 43.19mg (10.8%), Fiber: 2.03g (8.14%), Copper: 0.16mg (7.84%), Vitamin E: 0.9mg (6.02%), Vitamin C: 3.26mg (3.95%), Vitamin D: 0.22µg (1.47%)