



## BBQ Chicken Burgers with Slaw

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter cut into pieces
- 4 cornmeal kaiser rolls split
- 2 cloves garlic finely chopped
- 2 cups cabbage mix shredded
- 1 tablespoons grill seasoning a palm full (recommended: McCormick brand)
- 1.3 pounds ground chicken
- 2 tablespoons honey
- 1 tablespoon hot sauce

- 1 juice of lemon juiced
- 3 tablespoons olive oil extra-virgin divided
- 1 small onion red thinly sliced finely chopped
- 4 servings salt and pepper
- 1 teaspoon sugar
- 3 tablespoons relish sweet
- 2 tablespoons tomato paste
- 1 tablespoon worcestershire sauce

## Equipment

- bowl
- frying pan
- grill

## Directions

- Watch how to make this recipe.
- In a small skillet over medium heat, melt butter.
- Add chopped onions, garlic and tomato paste and sweat them for 5 minutes to soften and sweeten.
- Sprinkle in sugar and remove from heat. Cool in a bowl, 5 minutes.
- Add tomato paste mixture, Worcestershire, hot sauce to bowl and combine.
- Add chicken to the bowl then grill seasoning and combine the burgers well to evenly distribute the flavors and form 4 patties. Wash up.
- Heat 1 tablespoon extra-virgin olive oil, a turn of the pan, in a nonstick skillet over medium-high heat. Cook patties 6 minutes on each side.
- Combine the honey, lemon juice, and remaining extra-virgin olive oil in a bowl.
- Add relish, cabbage mix and sliced onions and season with salt and pepper. Toss the slaw to coat and reserve.
- Serve burgers on bun bottoms topped with slaw and bun tops.

## Nutrition Facts

PROTEIN 24.8% FAT 53.44% CARBS 21.76%

## Properties

Glycemic Index:96.72, Glycemic Load:7.39, Inflammation Score:-5, Nutrition Score:18.220434873%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

## Nutrients (% of daily need)

Calories: 411.74kcal (20.59%), Fat: 25.15g (38.69%), Saturated Fat: 6.6g (41.23%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 20.95g (7.62%), Sugar: 16.87g (18.75%), Cholesterol: 129.43mg (43.14%), Sodium: 605.61mg (26.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.25g (52.5%), Vitamin K: 52.95µg (50.43%), Vitamin B6: 0.87mg (43.5%), Vitamin B3: 8.41mg (42.06%), Phosphorus: 288.62mg (28.86%), Potassium: 992.45mg (28.36%), Vitamin C: 23.24mg (28.16%), Vitamin B2: 0.4mg (23.42%), Selenium: 15.62µg (22.32%), Vitamin B5: 1.71mg (17.07%), Vitamin E: 2.48mg (16.53%), Zinc: 2.38mg (15.88%), Vitamin B1: 0.21mg (13.87%), Iron: 2.48mg (13.79%), Vitamin B12: 0.8µg (13.33%), Manganese: 0.25mg (12.57%), Magnesium: 45.77mg (11.44%), Copper: 0.18mg (8.91%), Vitamin A: 416.87IU (8.34%), Fiber: 2.09g (8.34%), Folate: 26.88µg (6.72%), Calcium: 51.74mg (5.17%)