



## BLT Chicken Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 oz bacon crisp cooked
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 pound ground chicken dark white
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon lemon zest fresh shredded finely
- ☐ 0.3 cup mayonnaise
- ☐ 4 onion rolls split

- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 leaves the of 1 cos lettuce
- ☐ 0.5 cup sharp cheddar cheese shredded
- ☐ 1 large tomatoes thinly sliced

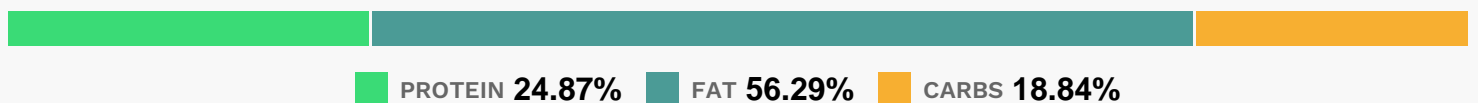
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ blender
- ☐ grill
- ☐ pastry brush

## Directions

- ☐ Prepare a charcoal or gas grill for medium heat (350 to 450; you can hold your hand 5 in. above cooking grate only 5 to 7 seconds).
- ☐ Meanwhile, in a large bowl, gently mix chicken, cheeses, garlic, salt, and pepper. Form into 4 burgers about 3/4 in. thick, making a slight depression in center of each patty (this helps keep burgers flat as they cook). Put on a plate, cover, and refrigerate until ready to grill.
- ☐ In a blender, whirl mayonnaise, basil, lemon juice, and lemon zest together and refrigerate until ready to use. With a silicone brush or oiled paper towels, lightly oil cooking grate.
- ☐ Grill burgers, covered, turning once, until browned and no longer pink inside (cut to test), 8 to 10 minutes total.
- ☐ Transfer burgers to a clean plate and place buns, cut sides down, on grill until lightly browned, 30 seconds.
- ☐ Spread toasted sides of buns with basil mayonnaise. Set a chicken patty on each bun bottom and top each with 2 strips bacon, a tomato slice, and a lettuce leaf. Cover with bun top.

## Nutrition Facts



## Properties

Glycemic Index:61.75, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:31.643912875134%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 849.9kcal (42.5%), Fat: 52.94g (81.44%), Saturated Fat: 15.63g (97.69%), Carbohydrates: 39.87g (13.29%), Net Carbohydrates: 36.78g (13.37%), Sugar: 5.16g (5.74%), Cholesterol: 182.87mg (60.96%), Sodium: 2046.85mg (88.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.62g (105.25%), Vitamin B3: 14.71mg (73.57%), Selenium: 47.9µg (68.43%), Vitamin K: 70.76µg (67.39%), Vitamin A: 3145.85IU (62.92%), Phosphorus: 565.17mg (56.52%), Vitamin B6: 0.97mg (48.7%), Vitamin B1: 0.69mg (46.23%), Vitamin B2: 0.71mg (41.6%), Potassium: 1095.02mg (31.29%), Folate: 119.72µg (29.93%), Zinc: 4.48mg (29.86%), Calcium: 277.16mg (27.72%), Vitamin B12: 1.54µg (25.63%), Iron: 4.51mg (25.05%), Vitamin B5: 2.09mg (20.85%), Magnesium: 59.04mg (14.76%), Fiber: 3.1g (12.38%), Vitamin C: 9.79mg (11.87%), Vitamin E: 1.61mg (10.71%), Copper: 0.2mg (9.9%), Manganese: 0.2mg (9.9%), Vitamin D: 0.39µg (2.6%)