



Blue Cheese and Bacon Chicken Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bacon cut into 1/2-inch pieces
- 0.3 cup cheese blue crumbled
- 1 lb ground chicken
- 4 hawaiian rolls split
- 4 leaves lettuce
- 2 tablespoons milk
- 1 medium tomatoes sliced
- 1 slice sandwich bread white

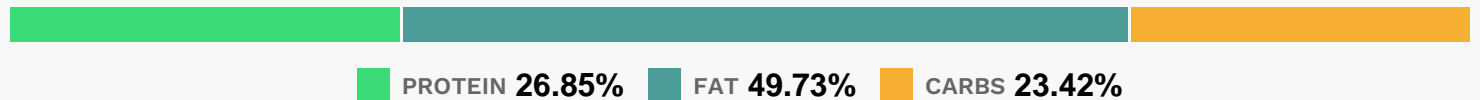
Equipment

- bowl
- frying pan
- paper towels
- grill
- kitchen thermometer

Directions

- In 10-inch skillet, cook bacon until crisp; drain on paper towels. Crumble bacon; set aside.
- Heat gas or charcoal grill. In medium bowl, mash bread and milk with fork until well mixed. Stir in chicken, cheese and bacon. Shape into 4 patties, 1/2 inch thick.
- Carefully brush oil on grill rack.
- Place patties on grill over medium heat. Cover grill; cook 9 to 12 minutes, turning once, until meat thermometer inserted in center of patties reads 165F.
- Place burgers on bottom halves of buns. Top with lettuce and tomato. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:67.94, Glycemic Load:15.63, Inflammation Score:-5, Nutrition Score:18.353913022124%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 464.55kcal (23.23%), Fat: 25.55g (39.3%), Saturated Fat: 8.93g (55.83%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 25.68g (9.34%), Sugar: 4.85g (5.39%), Cholesterol: 125.01mg (41.67%), Sodium:

626.88mg (27.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.03g (62.07%), Vitamin B3: 9.84mg (49.19%), Selenium: 32.02µg (45.75%), Vitamin B6: 0.74mg (36.89%), Phosphorus: 352.03mg (35.2%), Vitamin B1: 0.49mg (32.45%), Vitamin B2: 0.5mg (29.38%), Potassium: 830.37mg (23.72%), Zinc: 2.75mg (18.36%), Vitamin B12: 1.04µg (17.27%), Manganese: 0.34mg (17.12%), Vitamin B5: 1.68mg (16.82%), Iron: 2.88mg (15.99%), Calcium: 156.43mg (15.64%), Folate: 59.47µg (14.87%), Magnesium: 46.12mg (11.53%), Copper: 0.16mg (8.23%), Vitamin A: 404.96IU (8.1%), Vitamin K: 7.63µg (7.27%), Vitamin C: 5mg (6.06%), Fiber: 1.38g (5.53%), Vitamin E: 0.77mg (5.11%), Vitamin D: 0.25µg (1.66%)