



Boo's Smoky Chicken Patties on Buttered Toast

READY IN

ready

17 min.

SERVINGS

servings

4

CALORIES

calories

385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach chopped Boo would skip the greens
- ☐ 2 tablespoons butter softened
- ☐ 4 cloves garlic finely chopped
- ☐ 1.5 tablespoons grill seasoning blend recommended: Montreal Steak Seasoning by McCormick
- ☐ 1.5 pounds ground chicken breast
- ☐ 1 tablespoon hungarian paprika smoked sweet
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 medium skinned onion yellow

- ☐ 0.3 cup parsley chopped
- ☐ 8 slices sandwich whole-wheat white

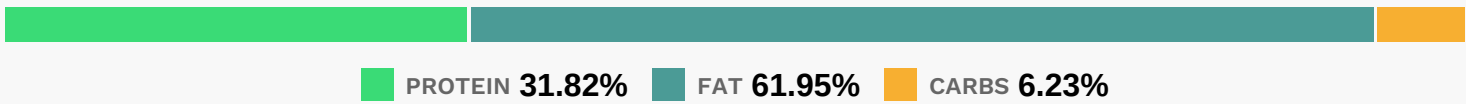
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grater
- ☐ microplane

Directions

- ☐ Heat a large nonstick skillet over medium high heat.
- ☐ Place chicken in a bowl and add the smoked paprika, grill seasoning and parsley to it. Using a hand held grater or microplane, grate the onion into the chicken. (Boo liked onion juice and its flavor, but she did not like big pieces of onion).
- ☐ Add the garlic (Boo LOVED garlic!) and mix to combine. Make a mini patty, the size of a quarter, and cook it up, a minute on each side, to taste and check seasonings. If you want it really smoky, like Boo, you can adjust the seasonings accordingly.
- ☐ Drizzle the chicken mixture with about 2 tablespoons extra-virgin olive oil and form 4 large thin patties then place them in the pan. Cook patties 5 minutes on each side. Toast bread slices and spread liberally with softened butter.
- ☐ Serve patties on buttered toast with some chopped dark greens.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:24.358260942542%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 385.48kcal (19.27%), Fat: 27g (41.53%), Saturated Fat: 8.6g (53.75%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 4.54g (1.65%), Sugar: 0.97g (1.08%), Cholesterol: 161.33mg (53.78%), Sodium: 174.69mg (7.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.2g (62.39%), Vitamin K: 153.62µg (146.3%), Vitamin A: 2799.35IU (55.99%), Vitamin B6: 1.02mg (50.77%), Vitamin B3: 9.99mg (49.93%), Phosphorus: 332.62mg (33.26%), Potassium: 1078.56mg (30.82%), Vitamin B2: 0.48mg (28.38%), Selenium: 19.07µg (27.24%), Vitamin B5: 1.98mg (19.77%), Zinc: 2.83mg (18.84%), Manganese: 0.38mg (18.78%), Iron: 3.12mg (17.33%), Vitamin E: 2.5mg (16.7%), Vitamin B12: 0.96µg (16.07%), Vitamin B1: 0.23mg (15.49%), Magnesium: 58.73mg (14.68%), Vitamin C: 11.35mg (13.76%), Folate: 44.24µg (11.06%), Copper: 0.18mg (8.92%), Fiber: 1.58g (6.31%), Calcium: 61.42mg (6.14%)