



## Bruschetta Burger

READY IN



25 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tbsp basil fresh chopped
- 1 lb ground chicken breast
- 4 hamburger buns
- 1 Tbsp olive oil
- 6 oz take parmesan recipe cheese breadcrumb mix fresh italian
- 1 large tomatoes chopped
- 2 Tbsp water

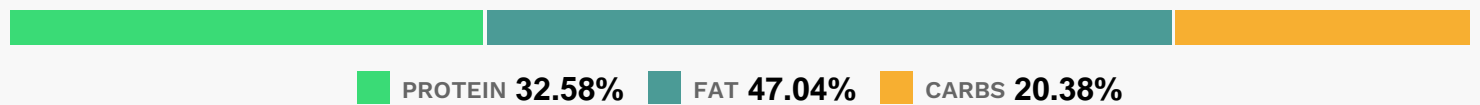
### Equipment

grill

## Directions

- Heat grill to medium heat.
- Mix first 3 ingredients just until blended; shape into 4 (1/2-inch-thick) patties.
- Grill 6 to 8 min. on each side or until done (165F). Meanwhile, combine all remaining ingredients except buns.
- Fill buns with burgers and tomato mixture.

## Nutrition Facts



## Properties

Glycemic Index:49.25, Glycemic Load:13.73, Inflammation Score:-7, Nutrition Score:22.202173912007%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 488.68kcal (24.43%), Fat: 25.46g (39.17%), Saturated Fat: 10.45g (65.29%), Carbohydrates: 24.81g (8.27%), Net Carbohydrates: 23.44g (8.52%), Sugar: 4.68g (5.2%), Cholesterol: 126.44mg (42.15%), Sodium: 964.54mg (41.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.68g (79.36%), Calcium: 582.6mg (58.26%), Phosphorus: 553.08mg (55.31%), Selenium: 32.84µg (46.91%), Vitamin B3: 8.53mg (42.67%), Vitamin B6: 0.69mg (34.38%), Vitamin B2: 0.55mg (32.54%), Vitamin B1: 0.39mg (26.11%), Potassium: 800.68mg (22.88%), Zinc: 3.25mg (21.69%), Vitamin K: 22.47µg (21.4%), Vitamin B12: 1.23µg (20.52%), Manganese: 0.35mg (17.62%), Vitamin A: 877.72IU (17.55%), Iron: 3mg (16.64%), Magnesium: 59.51mg (14.88%), Vitamin B5: 1.48mg (14.78%), Folate: 53.5µg (13.37%), Vitamin C: 7.36mg (8.92%), Copper: 0.17mg (8.72%), Vitamin E: 1.29mg (8.6%), Fiber: 1.37g (5.48%), Vitamin D: 0.21µg (1.42%)