



## Buffalo Blue Cheese Chicken Burgers

READY IN



505 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup cheese blue crumbled
- 0.3 cup sauce of the chicken from the turbo broiler
- 1 cup breadcrumbs dry
- 1 extra large eggs
- 1 pound ground chicken
- 4 hawaiian rolls split toasted

### Equipment

- mixing bowl

plastic wrap

grill

## Directions

Mix together the chicken, bread crumbs, blue cheese, egg, onion, and wing sauce in a mixing bowl until evenly combined. Form into 4 patties and place between sheets of waxed paper or plastic wrap.

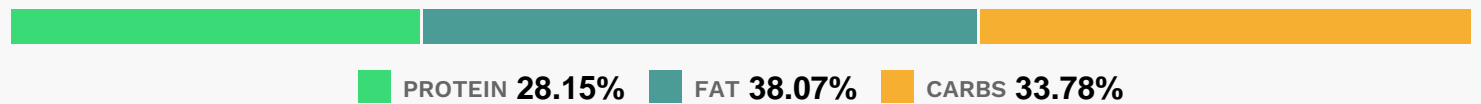
Place into an airtight container and refrigerate overnight for best results.

Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Cook the patties on the preheated grill until no longer pink in the center and the juices run clear, about 3 minutes per side.

Serve on toasted buns with condiments of your choice.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:13.04, Inflammation Score:-5, Nutrition Score:21.477826064048%

## Nutrients (% of daily need)

Calories: 498.15kcal (24.91%), Fat: 20.89g (32.14%), Saturated Fat: 8.47g (52.92%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 39.73g (14.45%), Sugar: 4.98g (5.54%), Cholesterol: 168.59mg (56.2%), Sodium: 1402.27mg (60.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.76g (69.53%), Selenium: 38.03µg (54.34%), Vitamin B3: 10.18mg (50.9%), Vitamin B1: 0.63mg (42.07%), Phosphorus: 415.51mg (41.55%), Vitamin B2: 0.67mg (39.44%), Vitamin B6: 0.71mg (35.31%), Calcium: 259.62mg (25.96%), Manganese: 0.51mg (25.51%), Iron: 4.03mg (22.4%), Potassium: 781.44mg (22.33%), Folate: 86.14µg (21.53%), Zinc: 3.23mg (21.51%), Vitamin B12: 1.25µg (20.82%), Vitamin B5: 2.04mg (20.4%), Magnesium: 52.82mg (13.2%), Copper: 0.21mg (10.48%), Fiber: 1.99g (7.96%), Vitamin A: 269.16IU (5.38%), Vitamin K: 5.4µg (5.15%), Vitamin E: 0.65mg (4.36%), Vitamin D: 0.41µg (2.71%)