



Buffalo-Blue Cheese Grilled Chicken Burgers

READY IN



35 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 lb ground chicken
- 0.3 cup sauce of the chicken from the turbo broiler
- 0.5 teaspoon salt
- 1 drops sauce of the chicken from the turbo broiler
- 6 hawaiian rolls split
- 6 leaves curly leaf lettuce green
- 0.3 cup cheese dressing refrigerated blue
- 0.3 cup cheese blue crumbled

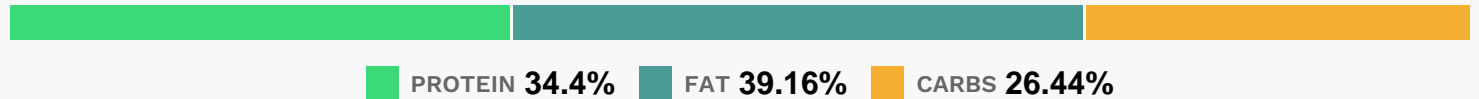
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill. Carefully brush oil on grill rack. In large bowl, mix chicken, wing sauce, salt and pepper sauce.
- Shape mixture into six 1/2-inch patties, each about 4 inches in diameter.
- Place on grill over medium heat. Cover grill; cook 10 to 12 minutes or until thermometer inserted in center of patty reads 165°F.
- Place buns on grill, cut sides down. Cover grill; cook 1 to 2 minutes or until toasted.
- Place lettuce and patty on bottom of each bun. In small bowl, stir together dressing and blue cheese. Top patties with dressing mixture and tops of buns.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:12.91, Inflammation Score:-7, Nutrition Score:17.440869432429%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 341.29kcal (17.06%), Fat: 14.77g (22.72%), Saturated Fat: 4.72g (29.53%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 21.48g (7.81%), Sugar: 3.56g (3.96%), Cholesterol: 118.1mg (39.37%), Sodium: 961.9mg (41.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.2g (58.39%), Vitamin B3: 9.29mg (46.45%), Selenium: 26.26µg (37.51%), Vitamin B6: 0.73mg (36.44%), Phosphorus: 313.37mg (31.34%), Vitamin B2: 0.49mg (28.81%), Vitamin B1: 0.39mg (26.1%), Potassium: 786.13mg (22.46%), Vitamin A: 1117.38IU (22.35%), Vitamin K: 22.08µg (21.03%), Zinc: 2.46mg (16.4%), Vitamin B5: 1.56mg (15.61%), Vitamin B12: 0.92µg (15.32%), Iron: 2.75mg (15.3%),

Manganese: 0.3mg (14.81%), Folate: 49.58µg (12.4%), Calcium: 113.98mg (11.4%), Magnesium: 41.57mg (10.39%),
Copper: 0.14mg (7.02%), Fiber: 0.96g (3.85%), Vitamin E: 0.54mg (3.63%), Vitamin C: 1.92mg (2.33%)