



## Buffalo-Blue Cheese Grilled Chicken Burgers

READY IN



35 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

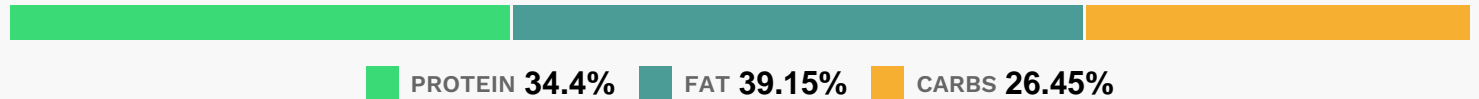
# Equipment

- 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 165F.
- 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:17.450869516186%

# 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: 341.31kcal (17.07%), 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: 961.2mg (41.79%), 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 (36.46%), Phosphorus: 313.39mg (31.34%), Vitamin B2: 0.49mg (28.82%), Vitamin B1: 0.39mg (26.11%), Potassium: 786.37mg (22.47%), Vitamin A: 1117.65IU (22.35%), Vitamin K: 22.08µg (21.03%), Zinc: 2.46mg (16.4%), Vitamin B5: 1.56mg (15.62%), Vitamin B12: 0.92µg (15.32%), Iron: 2.76mg (15.31%),

Manganese: 0.3mg (14.81%), Folate: 49.59µg (12.4%), Calcium: 114mg (11.4%), Magnesium: 41.58mg (10.39%),  
Copper: 0.14mg (7.03%), Fiber: 0.96g (3.85%), Vitamin E: 0.55mg (3.63%), Vitamin C: 2.05mg (2.48%)