



Buffalo Chicken Burger

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cheese blue plus more for garnish
- ☐ 0.5 cup carrots sliced
- ☐ 1 celery stalks roughly chopped
- ☐ 1 teaspoon cornstarch
- ☐ 2 egg whites lightly beaten
- ☐ 1 pound ground white-meat chicken
- ☐ 0.3 cup hot sauce buffalo style (such as Tabasco)
- ☐ 0.5 cup panko bread crumbs
- ☐ 4 large portugese rolls split

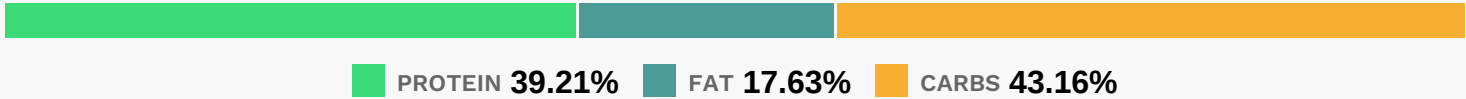
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ microwave

Directions

- ☐ In a microwave-safe bowl, combine carrotslices with 2 tablespoons water; microwave onhigh, stirring every minute, until verytender, about 3 minutes.
- ☐ Drain and letcool; mash carrots.
- ☐ Add chicken, eggwhites, celery, breadcrumbs and cheese;mix to combine. Form chicken mixtureinto four 3/4-inch-thick patties. In a secondbowl, stir cornstarch into hot sauce untildissolved; set aside. Coat a grill rack orgrill pan with cooking spray. Grill pattiesover medium-high heat for 6 minutes;flip and grill 4 minutes more.
- ☐ Brushpatties with hot sauce mixture; grill untilinternal temperature reaches 165°F, about2 minutes.
- ☐ Place 1 burger on bottom ofeach roll.
- ☐ Garnish with cheese and lettuce,if desired. Top with other half of roll.
- ☐ Servewith carrot and celery sticks and bluecheese dressing for dipping, if desired.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:44.71, Glycemic Load:23.53, Inflammation Score:-9, Nutrition Score:19.839565173439%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 377.71kcal (18.89%), Fat: 7.35g (11.31%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 40.5g (13.5%), Net Carbohydrates: 38.59g (14.03%), Sugar: 5.91g (6.56%), Cholesterol: 68.7mg (22.9%), Sodium: 935.52mg (40.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.8g (73.6%), Iron: 12.05mg (66.93%), Vitamin B3: 11.81mg (59.03%), Vitamin A: 2794.48IU (55.89%), Vitamin B6: 1.04mg (52.1%), Selenium: 31.21µg (44.58%), Phosphorus: 312.25mg (31.22%), Zinc: 2.39mg (15.93%), Vitamin B2: 0.27mg (15.85%), Vitamin C: 12.19mg (14.78%), Potassium: 470.69mg (13.45%), Vitamin B5: 1.28mg (12.76%), Vitamin B12: 0.72µg (12.02%), Vitamin B1: 0.16mg (10.8%), Magnesium: 42.5mg (10.62%), Fiber: 1.92g (7.66%), Calcium: 76.01mg (7.6%), Folate: 25.03µg (6.26%), Manganese: 0.11mg (5.48%), Copper: 0.1mg (5.19%), Vitamin D: 0.5µg (3.31%), Vitamin K: 3.46µg (3.3%), Vitamin E: 0.23mg (1.55%)