



Buffalo Chicken Burgers

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 1 cup cabbage shredded
- ☐ 2 tablespoons carrots shredded
- ☐ 0.3 cup celery diced finely
- ☐ 1.5 pounds ground chicken
- ☐ 0.3 cup buffalo hot sauce to taste (or)
- ☐ 3 tablespoons ranch dressing blue
- ☐ 2 tablespoons cabbage shredded red

- ☐ 2 tablespoons onion diced red finely
- ☐ 4 servings salt and pepper to taste
- ☐ 4 buns

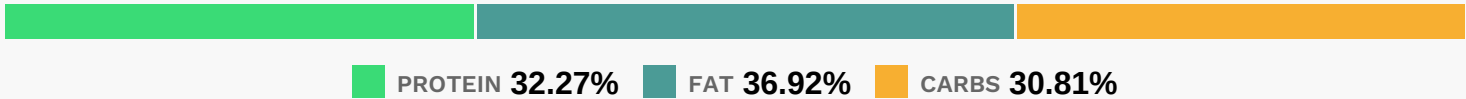
Equipment

- ☐ grill

Directions

- ☐ Mix the chicken, carrot, celery, onion, blue cheese, hot sauce, salt and pepper and form into 4 patties.Oil the grill, heat to medium high and cook the patties, about 4–5 minutes per side, basting with more hot sauce near the end and set aside.
- ☐ Serve the buffalo chicken burgers in the buns along with the mixture of the slaw and blue cheese dressing.

Nutrition Facts



Properties

Glycemic Index:70.46, Glycemic Load:23.76, Inflammation Score:-8, Nutrition Score:21.178260731956%

Flavonoids

Cyanidin: 15.51mg, Cyanidin: 15.51mg, Cyanidin: 15.51mg, Cyanidin: 15.51mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 471.68kcal (23.58%), Fat: 19.33g (29.74%), Saturated Fat: 5.8g (36.28%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 34.21g (12.44%), Sugar: 6.37g (7.08%), Cholesterol: 152.72mg (50.91%), Sodium: 1203.06mg (52.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.01g (76.03%), Iron: 12.39mg (68.82%), Vitamin B3: 9.78mg (48.92%), Vitamin B6: 0.97mg (48.44%), Phosphorus: 358.77mg (35.88%), Vitamin A: 1470.07IU (29.4%), Potassium: 1027.14mg (29.35%), Vitamin B2: 0.49mg (28.65%), Vitamin C: 22.88mg (27.73%), Selenium: 18.91µg (27.01%), Vitamin B5: 2.11mg (21.1%), Vitamin K: 21.51µg (20.49%), Zinc: 2.85mg (19.02%), Vitamin B12: 1.08µg

(18.02%), Vitamin B1: 0.22mg (14.63%), Magnesium: 44.58mg (11.15%), Calcium: 88.96mg (8.9%), Fiber: 2.1g (8.4%), Copper: 0.13mg (6.58%), Manganese: 0.11mg (5.27%), Folate: 19.48µg (4.87%), Vitamin E: 0.63mg (4.19%)