



Buffalo Chicken Burgers with Blue Cheese Dressing

READY IN



35 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch cayenne pepper to taste
- ☐ 0.5 cup celery diced
- ☐ 0.5 teaspoon celery salt
- ☐ 1.5 pounds ground chicken
- ☐ 4 leaves iceberg lettuce
- ☐ 0.5 teaspoon paprika
- ☐ 1 tablespoon pepper sauce hot
- ☐ 0.3 teaspoon poultry seasoning

- ☐ 0.3 cup reduced fat cheese crumbles blue
- ☐ 0.3 cup cup heavy whipping cream light sour
- ☐ 4 kaiser rolls split
- ☐ 0.3 teaspoon worcestershire sauce

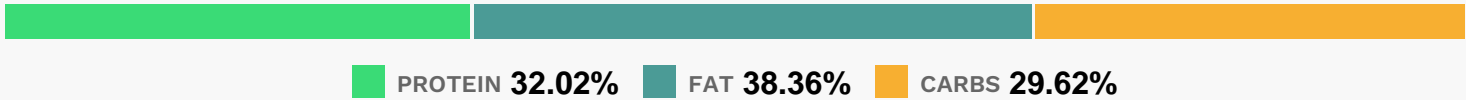
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Stir the sour cream, blue cheese, and Worcestershire sauce together in a small bowl; set aside.
- ☐ Mix the ground chicken, 1/4 cup hot sauce, celery salt, poultry seasoning, paprika, and cayenne pepper together in a mixing bowl until evenly blended. Form into four 3/4-inch-thick patties.
- ☐ Cook the chicken burgers on the preheated grill 6 to 7 minutes until well marked. Spray the uncooked top of the burger with cooking spray, and flip the burgers over.
- ☐ Brush the cooked side with 1 tablespoon hot sauce, and continue cooking until no longer pink in the center and the juices run clear, about 5 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ To assemble the burgers, place a lettuce leaf on each roll bottom. Top with a burger patty, then spoon on 2 tablespoons of blue cheese sauce, and 2 tablespoons celery.
- ☐ Place the top of the roll on top to finish the sandwich.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:23.12, Inflammation Score:-3, Nutrition Score:18.059999796359%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 470.52kcal (23.53%), Fat: 20.01g (30.79%), Saturated Fat: 6.46g (40.37%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 33.3g (12.11%), Sugar: 4.84g (5.38%), Cholesterol: 157.64mg (52.55%), Sodium: 896.11mg (38.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.6g (75.19%), Iron: 12.28mg (68.2%), Vitamin B3: 9.67mg (48.36%), Vitamin B6: 0.91mg (45.66%), Phosphorus: 351.92mg (35.19%), Potassium: 998.89mg (28.54%), Vitamin B2: 0.48mg (27.96%), Selenium: 19.11µg (27.3%), Vitamin B5: 2.05mg (20.52%), Zinc: 2.85mg (18.97%), Vitamin B12: 1.12µg (18.6%), Vitamin B1: 0.2mg (13.48%), Magnesium: 42.03mg (10.51%), Calcium: 90.6mg (9.06%), Vitamin K: 8.57µg (8.16%), Vitamin A: 350.76IU (7.02%), Copper: 0.13mg (6.37%), Fiber: 1.48g (5.92%), Vitamin E: 0.66mg (4.39%), Vitamin C: 3.26mg (3.95%), Folate: 13.73µg (3.43%), Manganese: 0.07mg (3.32%)