



Chicken and Feta Burgers

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces feta cheese crumbled
- ☐ 1.5 tablespoons garlic crushed
- ☐ 1.5 pounds ground chicken
- ☐ 0.1 tablespoon coarse-ground pepper black
- ☐ 1 tablespoon kalamata-olive tapenade
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons oregano fresh chopped

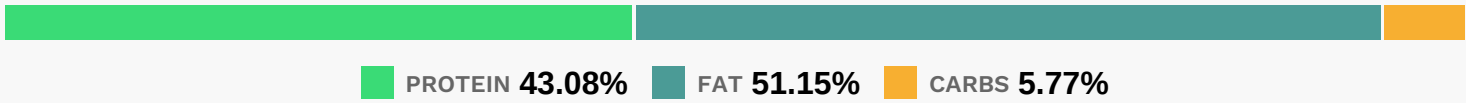
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ spatula

Directions

- ☐ Mix chicken, oregano, tapenade, feta cheese, and garlic together in a bowl; form into 4 patties. Season burgers with salt and pepper.
- ☐ Preheat an outdoor grill for high heat and lightly oil the grate with olive oil.
- ☐ Cook patties until charred on bottom, about 5 minutes. Flip the burgers and finish cooking, refraining from flattening with your spatula until no longer pink in the middle, about 5 minutes more.
- ☐ Drain on a plate lined with paper towels before serving.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.5, Inflammation Score:-10, Nutrition Score:17.900869353958%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 295.68kcal (14.78%), Fat: 17.01g (26.16%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 2.61g (0.95%), Sugar: 0.18g (0.21%), Cholesterol: 158.9mg (52.97%), Sodium: 410.48mg (17.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.45%), Vitamin B6: 1.01mg (50.39%), Vitamin B3: 9.82mg (49.1%), Phosphorus: 360.98mg (36.1%), Vitamin B2: 0.55mg (32.53%), Selenium: 20.08µg (28.69%), Potassium: 958.5mg (27.39%), Vitamin K: 25.29µg (24.08%), Vitamin B5: 2.05mg (20.5%), Zinc: 3.05mg (20.31%), Vitamin B12: 1.19µg (19.87%), Iron: 2.94mg (16.32%), Vitamin B1: 0.22mg (14.67%), Manganese: 0.29mg (14.64%), Calcium: 146.33mg (14.63%), Magnesium: 49.61mg (12.4%), Vitamin E: 1.17mg (7.83%), Copper: 0.15mg (7.52%), Fiber: 1.7g (6.82%), Folate: 15.25µg (3.81%), Vitamin A: 124.9IU (2.5%), Vitamin C: 1.02mg (1.24%)