



Chicken-Apple-Bacon Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons sage fresh chopped
- ☐ 1 slices apples i use 2 granny smith apples cored peeled ()
- ☐ 0.3 cup onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless coarsely chopped
- ☐ 8 ounce kaiser rolls

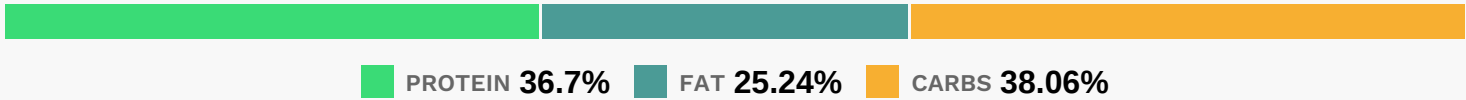
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan, and crumble.
- ☐ Add onion to drippings in pan, and saute 2 minutes or until lightly browned. Cool slightly.
- ☐ Place chicken in a food processor; process until coarsely ground.
- ☐ Combine chicken, bacon, onion, sage, salt, and pepper. Divide chicken mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- ☐ Place apple slices on grill rack coated with cooking spray; grill 1 minute on each side.
- ☐ Place rolls, cut sides down, on grill rack; grill 1 minute or until toasted.
- ☐ Place patties on bottom halves of rolls; top each serving with 2 apple slices and top half of roll.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:19.57, Inflammation Score:-2, Nutrition Score:18.874782676282%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg

Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 333.74kcal (16.69%), Fat: 9.18g (14.12%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 31.13g (10.38%), Net Carbohydrates: 29.32g (10.66%), Sugar: 6.72g (7.46%), Cholesterol: 79.83mg (26.61%), Sodium: 729.42mg (31.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.02g (60.04%), Copper: 3.08mg (154.07%), Vitamin B3: 12.31mg (61.55%), Selenium: 38.56µg (55.09%), Iron: 9.16mg (50.9%), Vitamin B6: 0.9mg (45.13%), Phosphorus: 260.64mg (26.06%), Vitamin B5: 1.71mg (17.09%), Potassium: 492.76mg (14.08%), Magnesium: 35.3mg (8.83%), Manganese: 0.17mg (8.64%), Vitamin B2: 0.13mg (7.87%), Vitamin B1: 0.12mg (7.69%), Fiber: 1.81g (7.24%), Zinc: 0.84mg (5.59%), Vitamin B12: 0.28µg (4.7%), Vitamin C: 3.35mg (4.07%), Calcium: 23.1mg (2.31%), Vitamin E: 0.32mg (2.11%), Folate: 7.3µg (1.82%), Vitamin K: 1.28µg (1.21%), Vitamin A: 54.37IU (1.09%), Vitamin D: 0.16µg (1.05%)