



Chicken Burgers with Caramelized Shallots and Blue Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup cheese blue crumbled
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 1 pound ground chicken
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil divided

- ☐ 4 romaine lettuce leaves
- ☐ 2 large shallots sliced
- ☐ 4 kaiser rolls split toasted

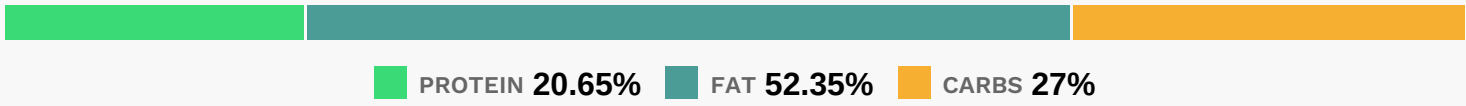
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 tbsp. oil in a frying pan.
- ☐ Add shallots and cook, stirring often, until softened and browned, about 4 minutes.
- ☐ Remove from pan and set aside.
- ☐ Meanwhile, combine chicken, garlic, rosemary, salt, and pepper. Form mixture into 4 patties.
- ☐ Add remaining 1 tbsp. oil to same pan and cook patties, turning once, until cooked through, about 5 minutes.
- ☐ Place a lettuce leaf on bottom half of each bun and top with a patty. Top patties with shallots.
- ☐ Mix mayonnaise with blue cheese, spread on bun tops, and set on patties.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:23.7, Inflammation Score:-9, Nutrition Score:19.256086970153%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 538.43kcal (26.92%), Fat: 31.4g (48.3%), Saturated Fat: 6.81g (42.58%), Carbohydrates: 36.44g (12.14%), Net Carbohydrates: 34.24g (12.45%), Sugar: 5.78g (6.42%), Cholesterol: 109.73mg (36.58%), Sodium: 841.29mg

(36.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.74%), Iron: 12.16mg (67.56%), Vitamin K: 57.77µg (55.02%), Vitamin A: 2516.31IU (50.33%), Vitamin B6: 0.67mg (33.52%), Vitamin B3: 6.53mg (32.66%), Phosphorus: 255.3mg (25.53%), Potassium: 737.2mg (21.06%), Vitamin B2: 0.33mg (19.48%), Selenium: 13.51µg (19.29%), Vitamin B5: 1.5mg (14.96%), Zinc: 2.04mg (13.62%), Vitamin B12: 0.75µg (12.58%), Vitamin E: 1.84mg (12.28%), Folate: 47.34µg (11.83%), Vitamin B1: 0.16mg (10.48%), Manganese: 0.18mg (8.85%), Fiber: 2.2g (8.8%), Magnesium: 33.51mg (8.38%), Calcium: 76.63mg (7.66%), Copper: 0.11mg (5.67%), Vitamin C: 2.36mg (2.86%)