



Chicken Burgers with Garlic-Rosemary Mayonnaise

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



834 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup arugula divided
- 0.3 teaspoon pepper black freshly ground
- 4 burger buns
- 0.3 cup rosemary leaves fresh chopped
- 1 clove garlic minced
- 1 pound ground chicken
- 0.5 teaspoon kosher salt

- 1 cup mayonnaise
- 0.3 cup olive oil

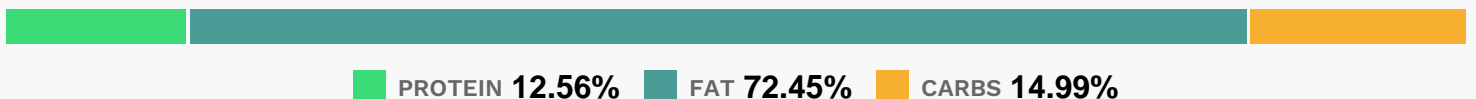
Equipment

- bowl
- paper towels
- grill
- grill pan

Directions

- Watch how to make this recipe.
- For the mayonnaise: In a small bowl, mix together mayonnaise, garlic, and rosemary; set aside.
- For the burgers: Preheat a gas or charcoal grill or place a grill pan over medium-high heat. In a large bowl, add the ground chicken, 1/2 teaspoon salt, 1/4 teaspoon pepper, and 1/2 of the mayonnaise mixture. Using clean hands, gently combine the ingredients and form the chicken mixture into 4 patties.
- Place the burgers on the grill and cook for about 7 minutes on each side.
- Transfer to paper towels and let rest for a few minutes.
- Brush the cut side of each roll with the olive oil and 1 teaspoon of the mayonnaise mixture. Grill for 1 to 2 minutes until slightly golden.
- Spread a dollop of the remaining mayonnaise mixture on the tops and bottoms of the toasted buns.
- Place the chicken burgers on the bottom halves of the buns. Top each with 1/4 cup of arugula and finish with the top half of the bun.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:21.479130542797%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 834.2kcal (41.71%), Fat: 67.16g (103.33%), Saturated Fat: 11.42g (71.4%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 29.59g (10.76%), Sugar: 1.44g (1.6%), Cholesterol: 121.04mg (40.35%), Sodium: 1026.62mg (44.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.41%), Vitamin K: 106.32µg (101.26%), Selenium: 35.27µg (50.39%), Vitamin B3: 8.78mg (43.88%), Vitamin B6: 0.62mg (31.2%), Vitamin E: 4.35mg (29%), Vitamin B2: 0.48mg (28.43%), Phosphorus: 275.67mg (27.57%), Vitamin B1: 0.41mg (27.07%), Potassium: 699.28mg (19.98%), Iron: 3.21mg (17.81%), Manganese: 0.35mg (17.29%), Folate: 64.82µg (16.2%), Vitamin B5: 1.61mg (16.1%), Zinc: 2.34mg (15.58%), Vitamin B12: 0.7µg (11.7%), Magnesium: 44.06mg (11.01%), Copper: 0.19mg (9.51%), Calcium: 81.01mg (8.1%), Fiber: 1.68g (6.71%), Vitamin A: 205.14IU (4.1%), Vitamin C: 1.35mg (1.64%)