



Chicken Burgers With Guacamole, Cheddar, and Charred Tomatoes

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 pound ground chicken
- ☐ 0.3 cup cheddar cheese shredded reduced-fat
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 4 sandwich buns
- ☐ 3 tablespoons seasoned bread crumbs dry
- ☐ 2 tomatoes halved

☐ 4 servings toppings: tomatoes chopped

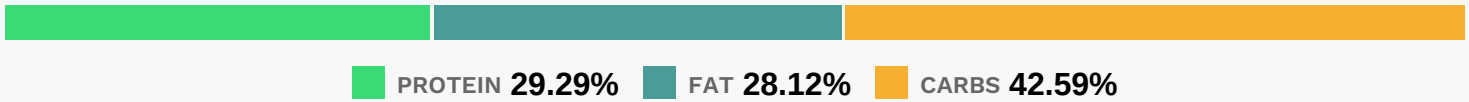
Equipment

☐ grill

Directions

- ☐ Mix ground chicken, chopped fresh cilantro, seasoned dry breadcrumbs, salt, and pepper. Form into 4 (1-inch-thick) patties. Coat grill with cooking spray. Grill patties and halved tomatoes, flesh-side down, over medium-high heat 6 minutes, turning, until burgers are cooked through and tomatoes are charred. Top evenly with Cheddar; let melt.
- ☐ Serve on buns with chopped tomatoes and guacamole.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:2.5, Inflammation Score:-9, Nutrition Score:26.308260650576%

Flavonoids

Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 418.35kcal (20.92%), Fat: 13.2g (20.31%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 44.97g (14.99%), Net Carbohydrates: 40.32g (14.66%), Sugar: 7.84g (8.72%), Cholesterol: 99.57mg (33.19%), Sodium: 1129.58mg (49.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.86%), Vitamin B3: 10.65mg (53.23%), Selenium: 37.09µg (52.98%), Vitamin A: 2067.27IU (41.35%), Vitamin B6: 0.81mg (40.6%), Vitamin C: 33.37mg (40.45%), Phosphorus: 376.2mg (37.62%), Vitamin B1: 0.56mg (37.27%), Potassium: 1254.4mg (35.84%), Manganese: 0.66mg (33.23%), Vitamin B2: 0.56mg (33.15%), Folate: 101.7µg (25.42%), Vitamin K: 25.17µg (23.97%), Iron: 3.89mg (21.64%), Zinc: 2.9mg (19.32%), Fiber: 4.65g (18.59%), Magnesium: 71.25mg (17.81%), Vitamin B5: 1.76mg (17.56%), Copper: 0.33mg (16.69%), Calcium: 139.5mg (13.95%), Vitamin E: 1.88mg (12.57%), Vitamin B12: 0.71µg (11.79%)