



Chicken Burgers with Peanut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup alfalfa sprouts
- ☐ 1 tablespoon chile paste with garlic
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions finely chopped
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 2 tablespoons peanut butter

- ☐ 1 teaspoon rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce sandwich rolls with sesame seeds
- ☐ 1 pound chicken breast boneless skinless chopped
- ☐ 1 teaspoon water

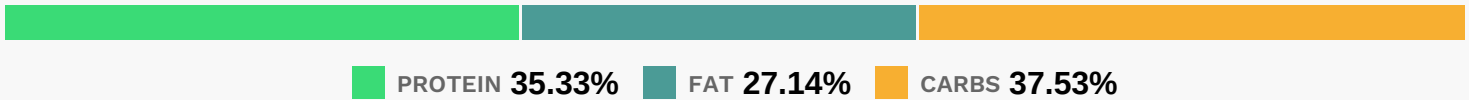
Equipment

- ☐ food processor
- ☐ whisk
- ☐ grill

Directions

- ☐ To prepare sauce, combine first 6 ingredients, stirring with a whisk until smooth.
- ☐ Prepare grill.
- ☐ To prepare burgers, place onions and next 5 ingredients (onions through chicken) in a food processor; process until coarsely ground. Divide 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 4 minutes on each side or until done.
- ☐ Place rolls, cut sides down, on grill rack; grill 1 minute or until toasted.
- ☐ Place 1 patty on bottom half of each roll; top each serving with 1/4 cup sprouts, about 1 tablespoon sauce, and top half of roll. Yield 4 servings.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:21.191304424535%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 370.05kcal (18.5%), Fat: 11.07g (17.04%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 34.47g (11.49%), Net Carbohydrates: 32.23g (11.72%), Sugar: 2.55g (2.83%), Cholesterol: 72.57mg (24.19%), Sodium: 713.29mg (31.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.88%), Selenium: 59.09µg (84.41%), Vitamin B3: 15.51mg (77.53%), Vitamin B6: 0.94mg (46.82%), Phosphorus: 340.12mg (34.01%), Vitamin K: 29.25µg (27.86%), Vitamin B1: 0.37mg (24.94%), Manganese: 0.46mg (22.86%), Vitamin B2: 0.35mg (20.56%), Vitamin B5: 2mg (20.04%), Folate: 77.88µg (19.47%), Potassium: 597.76mg (17.08%), Magnesium: 65.89mg (16.47%), Iron: 2.77mg (15.38%), Zinc: 1.56mg (10.38%), Copper: 0.19mg (9.56%), Fiber: 2.24g (8.97%), Vitamin E: 1.3mg (8.65%), Calcium: 78.36mg (7.84%), Vitamin C: 5.31mg (6.44%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 179.46IU (3.59%)