



Chicken Cheddar and Guacamole Burgers

READY IN



23 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices cheddar cheese
- 4 teaspoons cilantro leaves fresh chopped to taste
- 2 cloves garlic minced
- 1.5 pounds ground chicken
- 1 teaspoon ground cumin
- 0.5 teaspoon ground pepper black
- 0.3 cup guacamole to taste
- 4 hamburger buns split toasted
- 1 jalapeno minced seeded

- 0.5 juice of lime juiced
- 0.5 teaspoon kosher salt
- 1 teaspoon paprika
- 0.5 cup onion yellow minced

Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- Mix ground chicken, 1/3 cup cilantro, Cheddar cheese, garlic, jalapeno pepper, lime juice, cumin, paprika, salt, and pepper together in a bowl; shape into 4 patties.
- Cook patties on grill until the bottom is browned, 3 to 4 minutes; flip the burgers and top with a slice of Cheddar cheese. Continue cooking until no longer pink in the center, 1 to 2 minutes more. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).
- Transfer burgers to a plate to rest until juices are reabsorbed into the meat, about 3 minutes.
- Put burgers onto split buns and top with guacamole and cilantro.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:13.75, Inflammation Score:-6, Nutrition Score:22.734782413296%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg,

Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 473.69kcal (23.68%), Fat: 23.76g (36.56%), Saturated Fat: 7.91g (49.42%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 24.32g (8.84%), Sugar: 4.43g (4.92%), Cholesterol: 163.28mg (54.43%), Sodium: 719.95mg (31.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.69g (77.38%), Vitamin B3: 11.72mg (58.61%), Vitamin B6: 1.02mg (51.12%), Selenium: 34.32µg (49.03%), Phosphorus: 446.23mg (44.62%), Vitamin B2: 0.65mg (38.32%), Potassium: 1101.76mg (31.48%), Vitamin B1: 0.45mg (30.26%), Zinc: 3.65mg (24.32%), Vitamin B5: 2.21mg (22.1%), Calcium: 209.61mg (20.96%), Vitamin B12: 1.22µg (20.31%), Manganese: 0.4mg (20.08%), Iron: 3.53mg (19.6%), Folate: 63.91µg (15.98%), Magnesium: 61.11mg (15.28%), Vitamin C: 9.42mg (11.41%), Copper: 0.22mg (10.97%), Fiber: 2.6g (10.39%), Vitamin A: 494.46IU (9.89%), Vitamin E: 1.33mg (8.88%), Vitamin K: 9.04µg (8.61%)