



Chicken Cherry Baguette Burgers - Semi-Homemaker

 Dairy Free or type unknown

READY IN

ready or type unknown

48 min.

SERVINGS

servings or type unknown

4

CALORIES

calories or type unknown

690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 ounce roll bread dough refrigerated french
- ☐ 1 cup cherries frozen thawed minced
- ☐ 1 tablespoon bottled cherry peppers sweet minced
- ☐ 2 tablespoons smucker's cherry preserves black divided labeled as spreadable fruit
- ☐ 1 teaspoon rosemary leaves fresh minced
- ☐ 1 pound ground chicken
- ☐ 8 pieces lettuce

- ☐ 0.7 cup mayonnaise
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 large tomatoes ripe thinly sliced

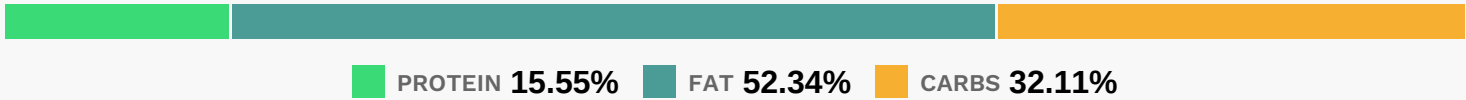
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Bake bread according to package directions, then cool.
- ☐ Cut loaf horizontally.
- ☐ Combine ground chicken, cherries, cherry peppers, rosemary, and salt and pepper in large bowl. Stir well to combine. Shape into 4 patties. Mist a large nonstick fry pan with cooking spray.
- ☐ Place over medium heat until hot. Cook burgers for about 5 minutes per side, or until cooked through.
- ☐ Stir preserves into mayonnaise in small bowl.
- ☐ Spread on cut sides of bread.
- ☐ Cut the loaf into 4 equal sections. Top the bottom bun with burger then tomato slices and 2 pieces lettuce.
- ☐ Place top bun on lettuce.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:6.02, Inflammation Score:-7, Nutrition Score:18.520000022391%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 689.98kcal (34.5%), Fat: 39.73g (61.12%), Saturated Fat: 7.03g (43.92%), Carbohydrates: 54.84g (18.28%), Net Carbohydrates: 50.4g (18.33%), Sugar: 12.92g (14.36%), Cholesterol: 113.2mg (37.73%), Sodium: 1024.9mg (44.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.55g (53.11%), Vitamin K: 93.76µg (89.29%), Vitamin B6: 0.69mg (34.36%), Vitamin B3: 6.79mg (33.95%), Potassium: 954.16mg (27.26%), Phosphorus: 252.77mg (25.28%), Vitamin A: 999.06IU (19.98%), Vitamin B2: 0.34mg (19.81%), Selenium: 12.75µg (18.21%), Fiber: 4.44g (17.74%), Vitamin C: 12.73mg (15.43%), Vitamin B5: 1.52mg (15.19%), Vitamin E: 2.02mg (13.46%), Vitamin B1: 0.2mg (13.46%), Zinc: 2mg (13.36%), Manganese: 0.26mg (13.01%), Folate: 45.41µg (11.35%), Vitamin B12: 0.68µg (11.33%), Magnesium: 41.61mg (10.4%), Iron: 1.79mg (9.93%), Copper: 0.17mg (8.44%), Calcium: 42.16mg (4.22%)