



Chicken Cordon Bleu Burgers

READY IN



22 min.

SERVINGS



13

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices canadian bacon
- ☐ 3 tablespoons dijon mustard
- ☐ 4 sandwich size dough muffins sour split english toasted
- ☐ 2 pounds ground chicken breast
- ☐ 8 leaves lettuce
- ☐ 2 teaspoons olive oil plus more for drizzling
- ☐ 2 teaspoons poultry seasoning
- ☐ 0.7 cup reduced fat mayonnaise
- ☐ 2 teaspoons salt and pepper recommended: Montreal Steak Seasoning

- ☐ 1 shallots finely chopped
- ☐ 2 teaspoons paprika sweet
- ☐ 4 deli swiss cheese
- ☐ 2 tablespoons freshly tarragon leaves chopped
- ☐ 1 vine tomato ripe thinly sliced

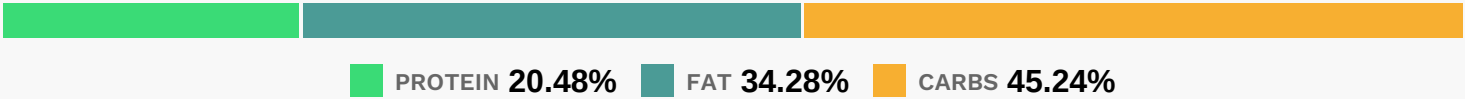
Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Preheat grill pan, nonstick griddle, large nonstick skillet or table top electric grill to medium high heat.
- ☐ Add 2 tablespoons of oil and Canadian bacon. Warm bacon and caramelize it at edges, 1 to 2 minutes on each side.
- ☐ Remove to a piece of foil. Fold foil over loosely to keep warm.
- ☐ Combine chicken, paprika, poultry seasoning, grill seasoning, shallot. Score meat with the side of your hand to separate into 4 equal amounts. Make 4 large patties, 3/4 to 1 inch thick.
- ☐ Drizzle patties with oil and place on hot grill pan, griddle or in skillet. Cook 5 minutes on each side, until chicken is cooked through.
- ☐ Top patties with reserved cooked Canadian bacon and Swiss cheese. Fold each slice of cheese in half to fit the burger. Cover loosely with tin foil. Turn off pan and let cheese melt, 2 minutes.
- ☐ Combine mayonnaise, mustard, tarragon. Slather bun tops or English tops with sauce.
- ☐ Place Cordon Bleu burgers on bun bottoms and top with lettuce and tomato. Put bun or muffin tops in place.
- ☐ Serve with oven fries.

Nutrition Facts



Properties

Glycemic Index:21.69, Glycemic Load:17.34, Inflammation Score:-5, Nutrition Score:17.591739286547%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 439.08kcal (21.95%), Fat: 16.58g (25.51%), Saturated Fat: 4.57g (28.58%), Carbohydrates: 49.24g (16.41%), Net Carbohydrates: 46.95g (17.07%), Sugar: 1.16g (1.29%), Cholesterol: 71.1mg (23.7%), Sodium: 686.73mg (29.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.58%), Selenium: 32.79µg (46.84%), Vitamin B1: 0.63mg (42.2%), Vitamin B3: 8.22mg (41.09%), Vitamin B2: 0.52mg (30.65%), Manganese: 0.6mg (29.93%), Phosphorus: 256.12mg (25.61%), Vitamin B6: 0.48mg (24.04%), Iron: 4.21mg (23.37%), Folate: 86.3µg (21.58%), Vitamin K: 16.55µg (15.76%), Potassium: 550.88mg (15.74%), Zinc: 1.94mg (12.93%), Vitamin B5: 1.14mg (11.36%), Vitamin B12: 0.61µg (10.13%), Magnesium: 40.28mg (10.07%), Fiber: 2.29g (9.18%), Calcium: 85.54mg (8.55%), Copper: 0.17mg (8.38%), Vitamin A: 370.5IU (7.41%), Vitamin E: 0.82mg (5.46%), Vitamin C: 2.22mg (2.69%), Vitamin D: 0.25µg (1.64%)