



Chicken Florentine Burgers

READY IN



75 min.

SERVINGS



6

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices beefsteak tomatoes
- 0.8 teaspoon pepper black freshly ground
- 0.5 cup bread crumbs plain
- 2 teaspoons dijon mustard
- 3 medium cloves garlic minced
- 0.8 pound ground chicken breast
- 0.8 pound ground chicken thighs
- 6 servings olive oil
- 1.5 teaspoons salt

- 12 ounces pkt spinach frozen dry thawed chopped
- 6 sourdough rolls split
- 0.5 large onion diced sweet finely
- 3 ounces swiss cheese grated
- 6 slices swiss cheese
- 1.5 cups white wine

Equipment

- frying pan
- sauce pan
- mixing bowl
- grill
- broiler

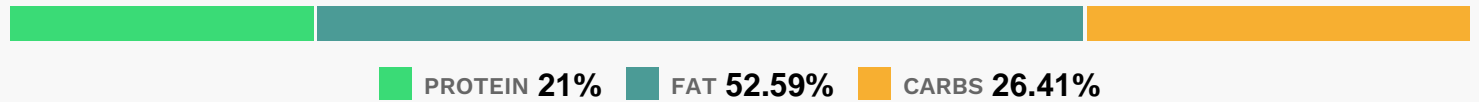
Directions

- Put wine, onion and garlic into medium saucepan. Bring to a boil over medium-high heat and reduce until about 2 tablespoons of liquid is remaining.
- Pour reduced wine mixture into shallow pie plate and let cool to room temperature.
- Meanwhile, in large mixing bowl, place ground chicken meat, salt, pepper, mustard, spinach, grated Swiss, bread crumbs and cooled wine mixture. Gently combine (do not over mix!) and form into 6 patties.
- If using gas grill, preheat to high.
- Brush the grids with olive oil, turn to medium heat and place patties on grill. Close lid and grill for 10 minutes. Flip burgers over, close lid, cook for about 6 more minutes.
- Brush both sides of rolls with olive oil, place on grill, place 1 slice Swiss on each burger and close lid for about 30 seconds. Check rolls and remove when golden brown.
- Remove burgers as soon as cheese melts a little.
- Place patties on rolls, top with tomato slices and serve.
- You can also make these inside the house. Preheat large frying pan over medium heat.
- Add enough olive oil to coat bottom of pan and heat.

Add the patties and cover pan for 10 minutes. Flip burgers over, cover pan and cook for about 6 to 8 minutes more or until juices run clear. Top with Swiss and replace cover until cheese melts. Buns can be browned under the broiler.

Enjoy!!

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:23.27, Inflammation Score:-10, Nutrition Score:31.95782623602%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 738.62kcal (36.93%), Fat: 40.77g (62.73%), Saturated Fat: 11.59g (72.44%), Carbohydrates: 46.08g (15.36%), Net Carbohydrates: 42.54g (15.47%), Sugar: 6.71g (7.45%), Cholesterol: 133.32mg (44.44%), Sodium: 1138.25mg (49.49%), Alcohol: 6.31g (100%), Alcohol %: 2.06% (100%), Protein: 36.63g (73.26%), Vitamin K: 222.64µg (212.04%), Vitamin A: 6962.8IU (139.26%), Iron: 13.28mg (73.75%), Selenium: 32.37µg (46.24%), Phosphorus: 424.26mg (42.43%), Calcium: 392.38mg (39.24%), Vitamin B3: 6.76mg (33.81%), Vitamin B6: 0.67mg (33.61%), Manganese: 0.59mg (29.45%), Vitamin B2: 0.48mg (28.13%), Vitamin E: 4.15mg (27.65%), Vitamin B12: 1.65µg (27.56%), Folate: 103.62µg (25.9%), Zinc: 3.42mg (22.82%), Magnesium: 83.57mg (20.89%), Potassium: 695.45mg (19.87%), Vitamin B1: 0.27mg (17.71%), Vitamin B5: 1.48mg (14.77%), Fiber: 3.54g (14.16%), Copper: 0.21mg (10.53%), Vitamin C: 5.05mg (6.13%)