



Chicken Parmesan Burgers

READY IN



35 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 inch bread diced french toasted (4 inches in diameter) (crust removed)
- ☐ 4 tablespoons basil fresh divided minced
- ☐ 12 ounces ground chicken white (meat)
- ☐ 0.8 cup tomatoes refrigerated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 tablespoon onion grated
- ☐ 0.5 cup parmesan cheese finely grated
- ☐ 4 large radicchio thinly
- ☐ 0.3 teaspoon salt

☐ 4 ounces mozzarella cheese thinly sliced

Equipment

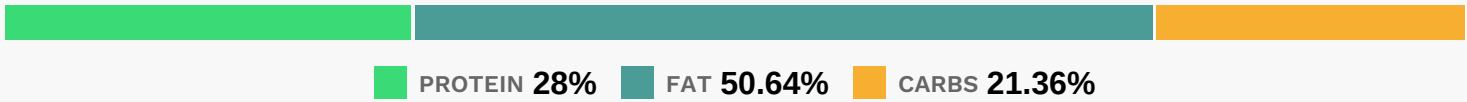
☐ bowl

☐ sauce pan

Directions

- ☐ Blend diced bread and Parmesan in processor to fine crumbs.
- ☐ Transfer to piedish; mix in 2 tablespoons minced basil.
- ☐ Mix marinara and 2 tablespoons basilin small saucepan.
- ☐ Transfer 1 1/2 tablespoonssauce to large bowl.
- ☐ Add chicken, 1/2tablespoon oil, onion, and 1/4 teaspoon salt.
- ☐ Sprinkle with pepper; blend. Shape into four1/2-inch-thick patties; coat with crumbs.
- ☐ Heatsauce over low heat.
- ☐ Heat 1 1/2 tablespoons oil in large nonstickskillet over medium heat. Cook patties untilbottoms are crusty, 4 minutes. Turn pattiesover; top with cheese. Cook 3 minutes.Cover; cook until cooked through and cheeseis melted, about 1 minute.
- ☐ Assemble burgers with bread, radicchio,basil leaves, and warm marinara.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:56.92, Glycemic Load:2.72, Inflammation Score:-10, Nutrition Score:34.175652167071%

Flavonoids

Cyanidin: 444.46mg, Cyanidin: 444.46mg, Cyanidin: 444.46mg, Cyanidin: 444.46mg Delphinidin: 26.88mg, Delphinidin: 26.88mg, Delphinidin: 26.88mg, Delphinidin: 26.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 132.94mg, Luteolin: 132.94mg, Luteolin: 132.94mg, Luteolin: 132.94mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 110.79mg, Quercetin: 110.79mg,

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Nutrients (% of daily need)

Calories: 432.43kcal (21.62%), Fat: 25.06g (38.55%), Saturated Fat: 8.87g (55.41%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 19.6g (7.13%), Sugar: 4.53g (5.03%), Cholesterol: 106.41mg (35.47%), Sodium: 919.47mg (39.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.18g (62.36%), Vitamin K: 908.18µg (864.94%), Copper: 1.33mg (66.42%), Vitamin E: 9.96mg (66.37%), Folate: 225.22µg (56.31%), Phosphorus: 493.84mg (49.38%), Potassium: 1700.98mg (48.6%), Vitamin C: 31.77mg (38.51%), Vitamin B6: 0.71mg (35.7%), Calcium: 344.31mg (34.43%), Manganese: 0.67mg (33.55%), Zinc: 4.98mg (33.2%), Selenium: 23.23µg (33.19%), Vitamin B3: 6.52mg (32.61%), Vitamin B2: 0.48mg (27.95%), Vitamin B5: 2.15mg (21.55%), Vitamin B12: 1.29µg (21.52%), Magnesium: 84.56mg (21.14%), Iron: 3.66mg (20.35%), Fiber: 4.18g (16.72%), Vitamin A: 698.86IU (13.98%), Vitamin B1: 0.2mg (13.39%), Vitamin D: 0.18µg (1.17%)