



Chicken Parmesan Burgers

READY IN



30 min.

SERVINGS



2

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 basil
- ☐ 0.1 teaspoon pepper black
- ☐ 6 ounce ciabatta rolls
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 teaspoon rosemary leaves fresh chopped
- ☐ 0.5 teaspoon thyme sprigs fresh chopped
- ☐ 1 garlic clove halved
- ☐ 0.5 pound ground chicken
- ☐ 0.1 teaspoon kosher salt

- ☐ 0.3 cup tomatoes divided
- ☐ 0.3 cup part-skim mozzarella cheese shredded divided

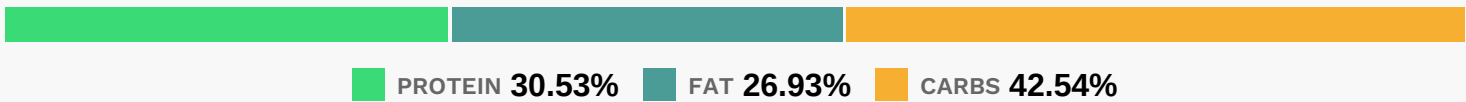
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Cut rolls in half.
- ☐ Place bread, cut side up, on a baking sheet. Broil for 3 minutes or until lightly browned.
- ☐ Remove bread from pan. Rub each slice with cut side of garlic. Set aside.
- ☐ Preheat oven to 37
- ☐ Combine chicken, 1/3 cup marinara, rosemary, thyme, red pepper, salt, and black pepper. Divide into 2 portions, shaping each into a 1/4-inch-thick patty.
- ☐ Heat an ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook for 3 minutes. Turn patties, and place pan in oven.
- ☐ Bake at 375 for 8 minutes. Top each patty with 2 tablespoons cheese; bake 1 minute.
- ☐ Layer bottom half of each roll with 2 basil leaves, 1 patty, 1 tablespoon marinara, 2 basil leaves, and roll top.

Nutrition Facts



Properties

Glycemic Index:111, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:12.675217313611%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 406.44kcal (20.32%), Fat: 12.2g (18.77%), Saturated Fat: 4.4g (27.47%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 41.56g (15.11%), Sugar: 1.65g (1.83%), Cholesterol: 106.48mg (35.49%), Sodium: 914.82mg (39.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.11g (62.23%), Vitamin B3: 6.81mg (34.03%), Vitamin B6: 0.66mg (32.95%), Phosphorus: 282.38mg (28.24%), Potassium: 745.49mg (21.3%), Vitamin B2: 0.35mg (20.59%), Selenium: 14.1µg (20.15%), Zinc: 2.2mg (14.64%), Vitamin B5: 1.39mg (13.94%), Calcium: 131.12mg (13.11%), Vitamin B12: 0.75µg (12.5%), Vitamin B1: 0.14mg (9.37%), Magnesium: 35.97mg (8.99%), Vitamin K: 9.41µg (8.96%), Iron: 1.57mg (8.75%), Vitamin A: 427.98IU (8.56%), Fiber: 1.8g (7.19%), Copper: 0.14mg (7.1%), Vitamin E: 1.02mg (6.83%), Manganese: 0.14mg (6.8%), Vitamin C: 4.42mg (5.36%), Folate: 7.55µg (1.89%)