



Chicken Ranch Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



3

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 medium bell pepper chopped ()
- 0.5 medium bell pepper chopped ()
- 0.5 cup breadcrumbs
- 0.5 cup onion chopped ()
- 1 packet ranch seasoning
- 1 lb chicken shredded lean

Equipment

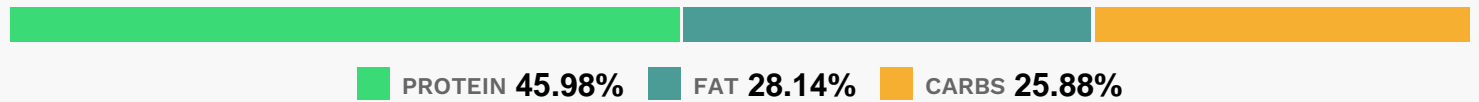
- frying pan

- oven
- mixing bowl

Directions

- Heat oven to 40
- Add chicken, onion, pepper, bread crumbs, and ranch seasoning to a mixing bowl.
- Mix ingredients well.
- Scoop and make 3 large burger patties.
- Place in skillet and cook on medium low heat to sear juices and brown the patties.
- Place skillet with patties into the oven and bake for 15 minutes, or until patties are cooked thoroughly.
- Serve with your favorite toppings.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:20.52%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Taste

Sweetness: 14.08%, Saltiness: 100%, Sourness: 13.3%, Bitterness: 16.45%, Savoriness: 69.65%, Fattiness: 56.51%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 370.53kcal (18.53%), Fat: 11.12g (17.11%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 20.93g (7.61%), Sugar: 3.91g (4.35%), Cholesterol: 113.4mg (37.8%), Sodium: 947.81mg (41.21%), Protein: 40.9g (81.81%), Vitamin B3: 13.53mg (67.65%), Vitamin C: 52.75mg (63.94%), Selenium: 41.9µg (59.86%), Vitamin B6: 0.79mg (39.46%), Phosphorus: 338.05mg (33.8%), Vitamin A: 1304.49IU (26.09%), Vitamin B1: 0.3mg (20.1%), Vitamin B2: 0.34mg (19.75%), Zinc: 2.7mg (18.02%), Vitamin B5: 1.73mg (17.28%), Iron: 2.93mg (16.25%),

Potassium: 504.15mg (14.4%), Manganese: 0.27mg (13.5%), Folate: 50.13µg (12.53%), Magnesium: 46.92mg (11.73%),
Fiber: 2.1g (8.39%), Vitamin B12: 0.5µg (8.36%), Copper: 0.15mg (7.46%), Calcium: 59.99mg (6%), Vitamin E:
0.65mg (4.31%), Vitamin K: 3.24µg (3.08%)