



Chicken Satay Burgers



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili sauce
- ☐ 1 handful cilantro leaves chopped
- ☐ 2 teaspoons coriander seeds toasted
- ☐ 2 teaspoons cumin seeds toasted
- ☐ 1 eggs
- ☐ 1 tablespoons fish sauce
- ☐ 1 tablespoon garlic grated
- ☐ 1 tablespoon ginger grated

- ☐ 1 pound ground chicken
- ☐ 2 stalks lemongrass peeled chopped
- ☐ 4 leaves lettuce
- ☐ 0.5 cup spicy peanut sauce
- ☐ 1 handful peanuts coarsely chopped
- ☐ 1 shallots diced finely
- ☐ 1 cup thai slaw
- ☐ 4 buns
- ☐ 0.3 teaspoon turmeric

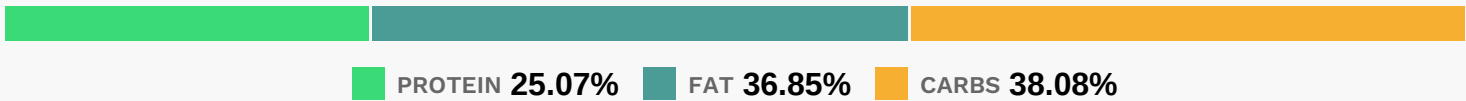
Equipment

- ☐ grill

Directions

- ☐ Mix the chicken, coriander seeds, cumin seeds, turmeric, lemongrass, shallot, garlic, ginger, chili sauce, fish sauce egg, and cilantro. Form the mixture into 4 patties making a small indentation in the middle.
- ☐ Brush the grill with oil, and heat it to medium. Grill the patties until cooked, about 4-5 minutes per side. Assemble the burgers and enjoy.

Nutrition Facts



Properties

Glycemic Index:70.06, Glycemic Load:23.83, Inflammation Score:-8, Nutrition Score:19.38652182662%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 503.54kcal (25.18%), Fat: 20.6g (31.69%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 44.69g (16.25%), Sugar: 11.55g (12.83%), Cholesterol: 138.44mg (46.15%), Sodium: 1206.98mg (52.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.53g (63.06%), Iron: 13.85mg (76.97%), Vitamin B3: 7.87mg (39.33%), Manganese: 0.77mg (38.42%), Vitamin B6: 0.74mg (36.79%), Phosphorus: 284.08mg (28.41%), Potassium: 856.36mg (24.47%), Selenium: 16.71µg (23.87%), Vitamin B2: 0.37mg (21.73%), Vitamin K: 19.62µg (18.69%), Vitamin B5: 1.62mg (16.24%), Magnesium: 63.8mg (15.95%), Zinc: 2.34mg (15.62%), Vitamin B1: 0.22mg (14.38%), Fiber: 3.21g (12.84%), Vitamin B12: 0.75µg (12.58%), Vitamin C: 9.25mg (11.21%), Folate: 44.35µg (11.09%), Copper: 0.21mg (10.69%), Calcium: 66.29mg (6.63%), Vitamin A: 223.81IU (4.48%), Vitamin E: 0.61mg (4.03%), Vitamin D: 0.22µg (1.47%)