



# Coconut Basil Chicken Burgers with Thai Peanut Pesto

 Dairy Free

READY IN



53 min.

SERVINGS



6

CALORIES



791 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 medium carrots peeled cut into thin matchsticks
- 0.3 cup cherry tomatoes quartered
- 0.5 cup basil leaves fresh
- 0.5 cup basil leaves fresh chopped
- 0.3 cup cilantro leaves fresh
- 2 pounds coarsely ground chicken thighs
- 6 hamburger buns split seeded

- 1 tablespoon juice of lime fresh
- 1 lime zest grated
- 0.5 cup panko bread crumbs (Japanese bread crumbs)
- 2 tablespoons roasted peanut oil
- 1 asian pear peeled cut into thin matchsticks
- 0.5 cup roasted and peanuts salted
- 0.3 teaspoon sea salt
- 2 teaspoons sea salt
- 1 teaspoon sugar
- 1 teaspoon thai curry paste red
- 14 ounce coconut milk unsweetened canned
- 2 tablespoons coconut or shredded unsweetened
- 6 servings vegetable oil for brushing on the grill rack

## Equipment

- food processor
- bowl
- frying pan
- whisk
- mixing bowl
- grill

## Directions

- Prepare a medium-hot fire in a charcoal grill with a cover, or preheat a gas grill to medium-high.
- Whisk together the lime juice and sugar in a medium-sized bowl to dissolve the sugar.
- Add the pear and carrot and toss to coat. Cover and chill until serving time.
- Place all of the ingredients except the tomatoes in a small food processor; process briefly until the mixture forms a coarse paste.

- Transfer to a small bowl and gently stir in the tomatoes. Cover and set aside.
- Combine the coconut milk, lime zest, and lime juice in a 10-inch fire-proof skillet.
- Place the skillet on the grill rack and bring the mixture to a simmer. Continue cooking, stirring occasionally, until the mixture is thickened and reduced to 2/3 cup, about 15 minutes.
- Add the curry paste to the mixture and whisk until smooth.
- Transfer to a small bowl to cool.
- Place the chicken in a large mixing bowl.
- Add the cooled coconut milk mixture, basil, panko and salt. Using a large fork, mix the ingredients together gently but thoroughly. Divide the mixture into 6 equal portions and form the portions into patties to fit the buns, making a slight indentation in the center of each patty.
- When the grill is ready, brush the grill rack with oil.
- Place the patties on the rack, cover, and cook for 4 minutes. Flip the patties, cover, and cook an additional 4 minutes, or until the juices run clear from the center of the patties when pierced. During the last few minutes of cooking, arrange the buns, cut side down, around the edges of the grill to toast lightly.
- To assemble the burgers: Distribute an equal amount of the slaw on the bottom buns. Top each with a patty and a dollop of the pesto.
- Add the bun tops and serve.

## Nutrition Facts

■ PROTEIN **18.12%** ■ FAT **62.38%** ■ CARBS **19.5%**

### Properties

Glycemic Index:69.95, Glycemic Load:15.29, Inflammation Score:-9, Nutrition Score:30.02347854946%

### Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg

Eriodictyol: 0.05mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg  
Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.01mg, Luteolin:  
0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg,  
Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg  
Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## **Nutrients (% of daily need)**

Calories: 791.17kcal (39.56%), Fat: 56.37g (86.73%), Saturated Fat: 23.17g (144.83%), Carbohydrates: 39.65g  
(13.22%), Net Carbohydrates: 34.01g (12.37%), Sugar: 10.39g (11.54%), Cholesterol: 130.03mg (43.34%), Sodium:  
1284.31mg (55.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.85g (73.71%), Manganese: 1.36mg  
(67.94%), Vitamin B3: 13.15mg (65.77%), Vitamin K: 51.08µg (48.65%), Selenium: 34.01µg (48.58%), Vitamin B6:  
0.91mg (45.49%), Phosphorus: 453.55mg (45.36%), Vitamin A: 2140.84IU (42.82%), Potassium: 1248.24mg  
(35.66%), Vitamin B1: 0.52mg (34.86%), Vitamin B2: 0.55mg (32.2%), Iron: 4.78mg (26.57%), Copper: 0.49mg  
(24.74%), Magnesium: 98.62mg (24.66%), Zinc: 3.46mg (23.09%), Fiber: 5.64g (22.57%), Vitamin B5: 2.08mg  
(20.82%), Folate: 82.78µg (20.7%), Vitamin E: 2.74mg (18.29%), Vitamin B12: 0.95µg (15.84%), Vitamin C: 11.18mg  
(13.55%), Calcium: 123.75mg (12.38%)