



Crisp chicken burgers with lemon mayo

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breasts
- ☐ 3 slices bread white toasted
- ☐ 1 eggs
- ☐ 1 tsp dijon mustard
- ☐ 0.5 juice of lemon
- ☐ 4 tbsp mayonnaise reduced-fat
- ☐ 4 ciabatta buns toasted

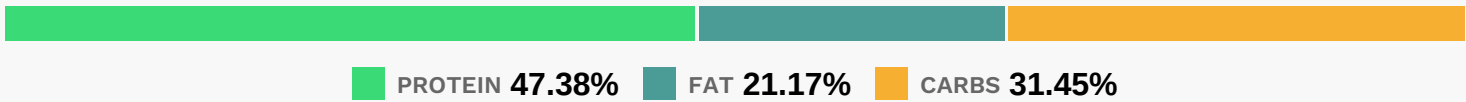
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ rolling pin

Directions

- ☐ Heat grill to high.
- ☐ Put the chicken breasts between 2 pieces of cling film and bash with a rolling pin until theyre about half their original thickness. Whizz the toast in a food processor to rough breadcrumbs, then tip out onto a plate.
- ☐ Beat the egg and mustard together in a bowl and season. Dip the chicken into the egg, let the excess drip back into the bowl, then press into the toasty breadcrumbs. Put under the grill on a flat baking sheet and grill for about 10 mins, turning once, until golden and crisp on both sides and the chicken is cooked through.
- ☐ Beat the lemon zest, juice and lots of black pepper into the mayonnaise.
- ☐ Spread some of the mayo onto the bottom halves of the buns, top with a chicken breast and salad of your choice and serve.

Nutrition Facts



Properties

Glycemic Index:26.69, Glycemic Load:6.58, Inflammation Score:-4, Nutrition Score:23.353913130968%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 487.14kcal (24.36%), Fat: 11.12g (17.11%), Saturated Fat: 2.49g (15.57%), Carbohydrates: 37.19g (12.4%), Net Carbohydrates: 36.07g (13.12%), Sugar: 1.65g (1.84%), Cholesterol: 187.8mg (62.6%), Sodium: 771.18mg (33.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.01g (112.02%), Vitamin B3: 24.48mg (122.42%), Selenium:

80.84µg (115.49%), Vitamin B6: 1.73mg (86.58%), Phosphorus: 521.32mg (52.13%), Vitamin B5: 3.51mg (35.06%), Potassium: 883.4mg (25.24%), Vitamin B2: 0.32mg (18.98%), Vitamin B1: 0.25mg (16.57%), Magnesium: 66.25mg (16.56%), Zinc: 1.64mg (10.92%), Iron: 1.7mg (9.45%), Vitamin B12: 0.55µg (9.16%), Folate: 36.42µg (9.11%), Manganese: 0.15mg (7.73%), Vitamin K: 8.06µg (7.68%), Vitamin E: 0.9mg (6.02%), Calcium: 58.88mg (5.89%), Vitamin C: 4.17mg (5.05%), Copper: 0.1mg (4.82%), Fiber: 1.11g (4.45%), Vitamin D: 0.45µg (2.97%), Vitamin A: 138.3IU (2.77%)