



Fantastic Chicken Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices cheddar cheese
- ☐ 8 slices ciabatta bread
- ☐ 0.5 cup cilantro leaves fresh divided chopped
- ☐ 1 pound ground chicken
- ☐ 0.5 juice of lime juiced
- ☐ 0.3 cup onion minced
- ☐ 0.3 cup salsa divided prepared
- ☐ 1 ounce guacamole seasoning mix

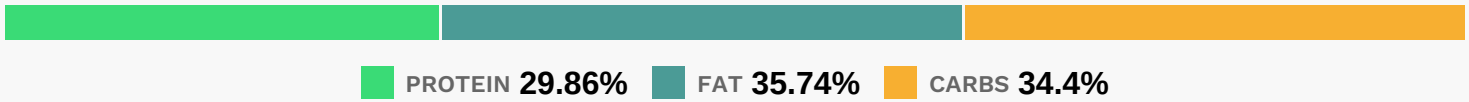
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium heat, and lightly oil the grate.
- ☐ In a bowl, mix together the ground chicken, guacamole seasoning, half the cilantro, lime juice, and minced onion until thoroughly combined. Form the chicken mixture into 4 patties. Reserve the other half of the cilantro for garnish.
- ☐ Grill the chicken burgers on the preheated grill until the meat is no longer pink inside, the juices run clear, and the burgers show browned grill marks, 5 to 8 minutes per side.
- ☐ About 2 minutes before burgers are done, place slices of ciabatta bread onto the grill to toast, about 1 minute per side. About 1 minute before the burgers are done, top each burger with a slice of Cheddar cheese, and let melt.
- ☐ Serve chicken burgers on the toasted ciabatta bread, topped with about 1 tablespoon of salsa and about 1 tablespoon of the reserved chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:17.878695651241%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 388.65kcal (19.43%), Fat: 15.71g (24.18%), Saturated Fat: 6.22g (38.85%), Carbohydrates: 34.03g (11.34%), Net Carbohydrates: 29.87g (10.86%), Sugar: 1.47g (1.63%), Cholesterol: 114.52mg (38.17%), Sodium: 563.39mg (24.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.54g (59.08%), Vitamin K: 52.32µg (49.83%), Vitamin

B6: 0.71mg (35.57%), Vitamin B3: 6.88mg (34.4%), Phosphorus: 299.78mg (29.98%), Calcium: 248.89mg (24.89%), Selenium: 16.91µg (24.16%), Vitamin B2: 0.4mg (23.38%), Potassium: 765.66mg (21.88%), Manganese: 0.41mg (20.7%), Iron: 3.69mg (20.52%), Zinc: 2.54mg (16.96%), Fiber: 4.16g (16.65%), Vitamin B5: 1.43mg (14.35%), Vitamin B12: 0.82µg (13.59%), Vitamin E: 1.99mg (13.24%), Magnesium: 51.8mg (12.95%), Vitamin B1: 0.15mg (10.24%), Vitamin A: 505.93IU (10.12%), Copper: 0.14mg (7.21%), Folate: 25.67µg (6.42%), Vitamin C: 2.88mg (3.49%)