



Chicken Parmesan Burgers

 **Gluten Free**

READY IN



35 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons basil fresh divided minced
- 4 tablespoons basil fresh divided minced
- 12 ounces ground chicken white (meat)
- 0.8 cup tomatoes refrigerated
- 2 tablespoons olive oil extra virgin extra-virgin divided
- 1 tablespoon onion grated
- 0.5 cup parmesan cheese finely grated
- 4 large radicchio thinly

- 0.3 teaspoon salt
- 4 ounces mozzarella cheese thinly sliced

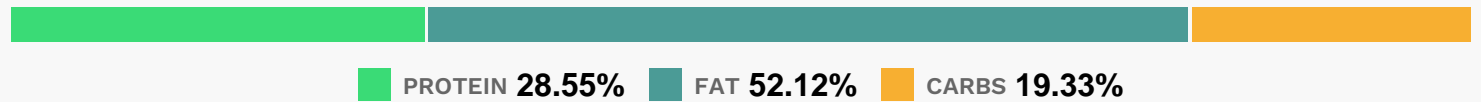
Equipment

- bowl
- sauce pan

Directions

- Blend diced bread and Parmesan in processor to fine crumbs.
- Transfer to pie dish; mix in 2 tablespoons minced basil.
- Mix marinara and 2 tablespoons basil in small saucepan.
- Transfer 1 1/2 tablespoons sauce to large bowl.
- Add chicken, 1/2 tablespoon oil, onion, and 1/4 teaspoon salt.
- Sprinkle with pepper; blend. Shape into four 1/2-inch-thick patties; coat with crumbs.
- Heat sauce over low heat.
- Heat 1 1/2 tablespoons oil in large nonstick skillet over medium heat. Cook patties until bottoms are crusty, 4 minutes. Turn patties over; top with cheese. Cook 3 minutes. Cover; cook until cooked through and cheese is melted, about 1 minute.
- Assemble burgers with bread, radicchio, basil leaves, and warm marinara.
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 59.75, Glycemic Load: 1.04, Inflammation Score: -10, Nutrition Score: 33.596086828605%

Flavonoids

Cyanidin: 444.46mg, Cyanidin: 444.46mg, Cyanidin: 444.46mg, Cyanidin: 444.46mg Delphinidin: 26.88mg, Delphinidin: 26.88mg, Delphinidin: 26.88mg, Delphinidin: 26.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 132.94mg, Luteolin: 132.94mg, Luteolin: 132.94mg, Luteolin: 132.94mg

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 110.79mg, Quercetin: 110.79mg, Quercetin: 110.79mg, Quercetin: 110.79mg

Nutrients (% of daily need)

Calories: 414.62kcal (20.73%), Fat: 24.77g (38.1%), Saturated Fat: 8.82g (55.13%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 16.72g (6.08%), Sugar: 4.15g (4.62%), Cholesterol: 106.41mg (35.47%), Sodium: 888.02mg (38.61%), Alcohol: 0g (100%), Protein: 30.53g (61.05%), Vitamin K: 916.16µg (872.53%), Vitamin E: 9.96mg (66.39%), Copper: 1.33mg (66.31%), Folate: 220.91µg (55.23%), Phosphorus: 486.36mg (48.64%), Potassium: 1697.48mg (48.5%), Vitamin C: 32.12mg (38.93%), Vitamin B6: 0.71mg (35.49%), Calcium: 339.51mg (33.95%), Zinc: 4.93mg (32.85%), Vitamin B3: 6.17mg (30.84%), Manganese: 0.61mg (30.72%), Selenium: 21.32µg (30.46%), Vitamin B2: 0.46mg (27.05%), Vitamin B12: 1.29µg (21.52%), Vitamin B5: 2.1mg (21.04%), Magnesium: 83.11mg (20.78%), Iron: 3.49mg (19.37%), Vitamin A: 804.23IU (16.08%), Fiber: 3.95g (15.78%), Vitamin B1: 0.17mg (11.61%), Vitamin D: 0.18µg (1.17%)