



Greek Chicken Burgers with Tzatziki Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium cucumber peeled/unpeeled
- ☐ 0.5 cup greek yogurt plain (from 6-oz container)
- ☐ 2 tablespoons onion chopped
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 1 lb ground chicken lean
- ☐ 1 cup pkt spinach fresh chopped
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon oregano fresh chopped

- ☐ 2 cloves garlic chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 6-inch day old pita bread cut in half to form pockets ()
- ☐ 0.5 cup tomatoes fresh chopped

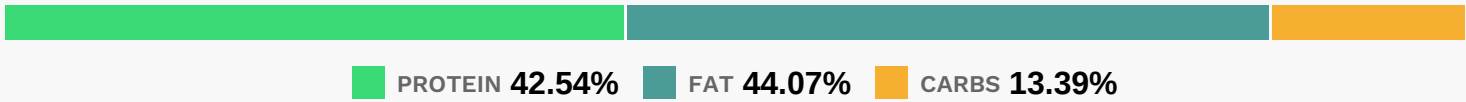
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Set oven control to broil. Chop enough cucumber to equal 1/2 cup; place in small bowl (slice 8 slices from remaining cucumber for sandwiches; set aside). Stir in remaining sauce ingredients; refrigerate until ready to use.
- ☐ In large bowl, mix chicken, spinach, olives, cornstarch, oregano, garlic, salt and pepper. Shape into 4 oval patties, each about 1/2 inch thick. On broiler pan, place patties. Broil with tops about 5 inches from heat 10 to 12 minutes, turning once, until thermometer inserted in center of burgers reads at least 165°F.
- ☐ Place burgers in pita pocket halves. To serve, top each burger with tomato, cucumber slices and about 3 tablespoons sauce.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.61, Inflammation Score:-9, Nutrition Score:15.842173887336%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg,

Naringenin: 0.13mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 217.58kcal (10.88%), Fat: 10.8g (16.61%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 5.63g (2.05%), Sugar: 2.37g (2.63%), Cholesterol: 98.77mg (32.92%), Sodium: 364.96mg (15.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.45g (46.89%), Vitamin K: 50.37µg (47.97%), Vitamin B6: 0.69mg (34.69%), Vitamin B3: 6.67mg (33.34%), Phosphorus: 261.87mg (26.19%), Potassium: 817.01mg (23.34%), Vitamin B2: 0.38mg (22.63%), Selenium: 14.82µg (21.17%), Vitamin A: 953.07IU (19.06%), Vitamin B5: 1.5mg (14.98%), Zinc: 2.03mg (13.54%), Vitamin B12: 0.81µg (13.5%), Manganese: 0.27mg (13.31%), Magnesium: 46.41mg (11.6%), Vitamin B1: 0.17mg (11.24%), Iron: 1.89mg (10.5%), Vitamin C: 7.15mg (8.67%), Copper: 0.16mg (8.16%), Calcium: 79.97mg (8%), Folate: 31.73µg (7.93%), Vitamin E: 1.13mg (7.55%), Fiber: 1.75g (7%)