



Green Chili Chicken Burgers

READY IN



40 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled
- ☐ 4 ounce chile peppers green drained chopped canned
- ☐ 4 slices cheddar cheese
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 teaspoon garlic powder
- ☐ 3 green onions finely chopped
- ☐ 1 pound ground chicken breast
- ☐ 4 servings ground pepper black to taste

- ☐ 4 hamburger buns split
- ☐ 1 jalapeno fresh diced seeded finely
- ☐ 1 cup lettuce shredded
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 1 tablespoon oregano dried
- ☐ 0.3 cup salsa
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper to taste

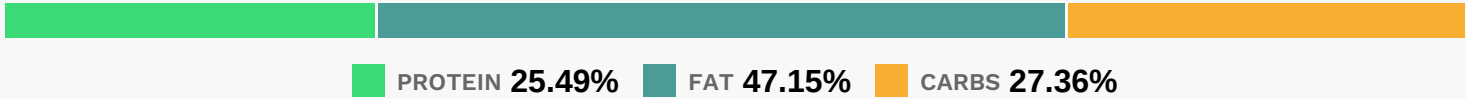
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ To make the guacamole, place the avocado, cilantro, sour cream, chili powder, salt, and pepper in a food processor and pulse until smooth..
- ☐ Mix chicken, canned chiles, jalapeno pepper, green onions, oregano, salt, garlic powder, and pepper in a bowl. Form the mixture into 4 patties.
- ☐ Preheat an outdoor grill for medium heat.
- ☐ Lightly oil the grill grate. Grill each patty 5 minutes per side, until well done. Move the patties to a cooler area of the grill to keep warm, and top each patty with a slice of Cheddar cheese. Lightly grill the buns while the cheese is melting.
- ☐ Spread the bottom of each bun with guacamole, and top with 1/4 cup of shredded lettuce and a grilled chicken burger. Spoon 1 tablespoon of salsa on each burger and top with the other half of the bun to serve.

Nutrition Facts



Properties

Glycemic Index:74.75, Glycemic Load:13.69, Inflammation Score:-9, Nutrition Score:25.837826096493%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 465.91kcal (23.3%), Fat: 24.95g (38.39%), Saturated Fat: 7.75g (48.45%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 26.24g (9.54%), Sugar: 5.17g (5.75%), Cholesterol: 116.62mg (38.87%), Sodium: 1439.12mg (62.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.7%), Vitamin K: 52.89µg (50.37%), Vitamin B3: 9.66mg (48.29%), Vitamin B6: 0.88mg (44.18%), Selenium: 29.14µg (41.63%), Phosphorus: 378.24mg (37.82%), Vitamin B2: 0.59mg (34.79%), Potassium: 1102.24mg (31.49%), Folate: 119.23µg (29.81%), Vitamin B1: 0.43mg (28.65%), Vitamin C: 22.67mg (27.48%), Calcium: 253.46mg (25.35%), Fiber: 6.33g (25.31%), Manganese: 0.49mg (24.55%), Iron: 3.99mg (22.19%), Vitamin B5: 2.14mg (21.4%), Zinc: 3.17mg (21.15%), Vitamin A: 852.25IU (17.04%), Magnesium: 66.47mg (16.62%), Vitamin E: 2.46mg (16.39%), Vitamin B12: 0.93µg (15.44%), Copper: 0.27mg (13.56%)