



Grilled Chicken Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black to taste
- 0.5 cup bread crumbs fresh
- 2 carrots chopped
- 1 eggs
- 1 cup mushrooms fresh sliced
- 2 teaspoons garlic minced
- 2 pounds ground chicken
- 8 servings kosher salt to taste

- 1 tablespoon old bay ™ seasoning
- 1 onion chopped
- 1 bell pepper red chopped
- 1 tomatoes seeded chopped

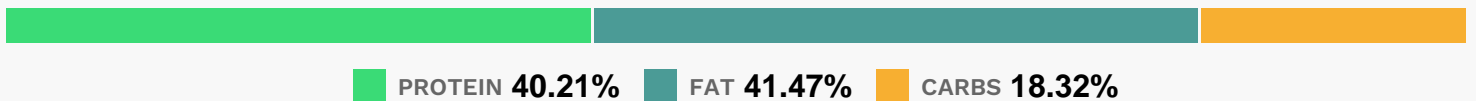
Equipment

- bowl
- frying pan
- grill

Directions

- Preheat an outdoor grill for medium heat and lightly oil grate.
- Lightly spray a saute pan with cooking or oil spray over medium heat.
- Saute the onion with the garlic first, then the bell pepper, then the mushrooms, tomatoes and carrots, all to desired tenderness. Set aside and allow all vegetables to cool completely.
- In a large bowl, combine the chicken and vegetables.
- Add the egg, bread crumbs and seasonings to taste.
- Mix all together well and form into 8 patties.
- Grill over medium heat for 5 to 6 minutes per side, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:29.73, Glycemic Load:1.28, Inflammation Score:-9, Nutrition Score:16.998695648235%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.96mg, Quercetin:

2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 220.62kcal (11.03%), Fat: 10.28g (15.81%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 8.54g (3.1%), Sugar: 3.04g (3.37%), Cholesterol: 117.98mg (39.33%), Sodium: 332.37mg (14.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.85%), Vitamin A: 3185.22IU (63.7%), Vitamin B3: 7.63mg (38.16%), Vitamin B6: 0.72mg (36%), Vitamin C: 23.61mg (28.62%), Phosphorus: 253.24mg (25.32%), Vitamin B2: 0.4mg (23.76%), Selenium: 16.32µg (23.31%), Potassium: 795.41mg (22.73%), Vitamin B5: 1.66mg (16.65%), Vitamin B1: 0.23mg (15.59%), Zinc: 2.05mg (13.65%), Vitamin B12: 0.71µg (11.87%), Manganese: 0.22mg (11.06%), Iron: 1.79mg (9.96%), Magnesium: 36.62mg (9.16%), Vitamin K: 9.58µg (9.13%), Copper: 0.16mg (8.24%), Folate: 28.37µg (7.09%), Fiber: 1.68g (6.72%), Vitamin E: 0.8mg (5.33%), Calcium: 40.27mg (4.03%)