



Grilled Chicken Tequila Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 servings bell pepper sliced
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic clove chopped
- ☐ 1 pound ground chicken
- ☐ 5 hawaiian rolls
- ☐ 1 jalapeno seeded chopped
- ☐ 5 servings lime
- ☐ 1 teaspoon lime zest

- ☐ 5 servings onion sliced
- ☐ 0.5 cup panko bread crumbs uncooked (Japanese breadcrumbs)
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon soya sauce
- ☐ 2 tablespoons tequila

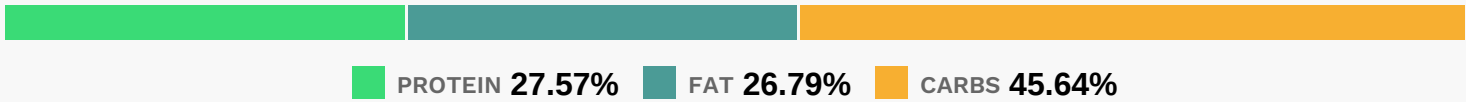
Equipment

- ☐ food processor
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Pulse ground chicken, cilantro, garlic, and jalapeo pepper in a food processor 3 to 4 times or until combined.
- ☐ Add panko or oats, tequila, lime zest, salt, pepper, and soy sauce; pulse until combined. Shape into 5 patties. Grill, covered with grill lid, 4 to 5 minutes on each side or until a meat thermometer inserted in thickest portion registers 165; remove from grill. Keep warm. Reduce grill temperature to 300 to 350 (medium) heat. Grill sliced bell peppers and onions 4 minutes on each side or until tender.
- ☐ Serve burgers, bell peppers, and onions on buns with Cilantro-Lime Mayonnaise.

Nutrition Facts



Properties

Glycemic Index:68.2, Glycemic Load:15.3, Inflammation Score:-9, Nutrition Score:23.367391337519%

Flavonoids

Hesperetin: 3.18mg, Hesperetin: 3.18mg, Hesperetin: 3.18mg, Hesperetin: 3.18mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 2.76mg, Isorhamnetin:

2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg

Nutrients (% of daily need)

Calories: 334.18kcal (16.71%), Fat: 9.67g (14.87%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 37.04g (12.35%), Net Carbohydrates: 33.12g (12.04%), Sugar: 9.22g (10.25%), Cholesterol: 78.02mg (26.01%), Sodium: 682.18mg (29.66%), Alcohol: 2g (100%), Alcohol %: 0.88% (100%), Protein: 22.38g (44.75%), Vitamin C: 105.9mg (128.37%), Vitamin A: 2385.41IU (47.71%), Vitamin B6: 0.81mg (40.65%), Vitamin B3: 8.12mg (40.61%), Selenium: 23.04µg (32.91%), Vitamin B1: 0.46mg (30.84%), Vitamin B2: 0.45mg (26.76%), Manganese: 0.52mg (25.76%), Phosphorus: 255.09mg (25.51%), Folate: 94.09µg (23.52%), Potassium: 799.31mg (22.84%), Iron: 3.05mg (16.96%), Fiber: 3.91g (15.66%), Zinc: 2.05mg (13.66%), Vitamin B5: 1.36mg (13.65%), Magnesium: 47.66mg (11.91%), Vitamin E: 1.68mg (11.2%), Calcium: 102.48mg (10.25%), Vitamin B12: 0.62µg (10.25%), Copper: 0.17mg (8.5%), Vitamin K: 8.71µg (8.3%)