



Grilled Mexican Chicken Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground chicken
- 1 oz taco seasoning
- 4 oz monterrey jack cheese
- 4 hawaiian rolls split
- 0.3 cup guacamole
- 0.3 cup salsa thick

Equipment

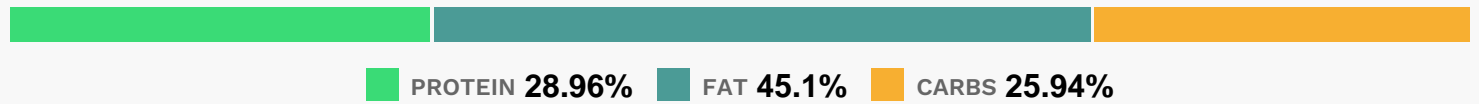
- bowl

- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill. In large bowl, mix chicken and taco seasoning mix. Shape mixture into 4 patties, about 3/4 inch thick.
- Place patties on grill over medium heat. Cover grill; cook 14 to 16 minutes, turning once, until thermometer inserted in center of patties reads 165°F. Top each patty with cheese slice for last 2 minutes of cooking.
- Place patties on bottoms of buns; top with guacamole, salsa and tops of buns.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:13.04, Inflammation Score:-7, Nutrition Score:19.080000022183%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 430.91kcal (21.55%), Fat: 21.78g (33.51%), Saturated Fat: 8.72g (54.51%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 24.75g (9%), Sugar: 5.32g (5.92%), Cholesterol: 122.75mg (40.92%), Sodium: 1130.06mg (49.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.47g (62.94%), Vitamin B3: 8.6mg (43%), Selenium: 27.58µg (39.4%), Phosphorus: 384.48mg (38.45%), Vitamin B6: 0.7mg (34.94%), Vitamin B2: 0.54mg (31.59%), Calcium: 286.64mg (28.66%), Vitamin B1: 0.38mg (25.17%), Potassium: 785.07mg (22.43%), Zinc: 2.96mg (19.76%), Vitamin A: 984.12IU (19.68%), Iron: 3.24mg (18.01%), Vitamin B12: 0.96µg (15.94%), Vitamin B5: 1.55mg (15.48%), Folate: 59.96µg (14.99%), Manganese: 0.3mg (14.98%), Fiber: 3.45g (13.78%), Magnesium: 48.33mg (12.08%), Copper: 0.17mg (8.5%), Vitamin K: 7.64µg (7.28%), Vitamin C: 5.62mg (6.81%), Vitamin E: 1.02mg (6.78%), Vitamin D: 0.17µg (1.13%)