



Ground Chicken and Blue Cheese Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



1043 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach leaves raw
- ☐ 6 ounces cheese blue
- ☐ 4 brioche buns
- ☐ 1 tablespoon tarragon fresh minced
- ☐ 1 tablespoon roasted garlic puree
- ☐ 1 tablespoon grapeseed oil
- ☐ 1.5 pounds ground chicken meat
- ☐ 1 teaspoon ground pepper white
- ☐ 4 servings salt and ground pepper white

- ☐ 0.5 cup mayo
- ☐ 2 teaspoons salt
- ☐ 4 slices tomatoes thick cut
- ☐ 2 tablespoons butter unsalted

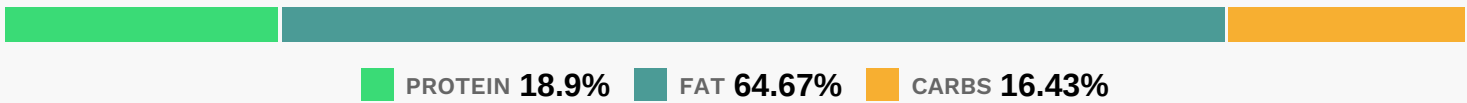
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ grill

Directions

- ☐ For the tarragon aioli: In a bowl, whisk together the mayo, garlic puree and tarragon. Taste and season with salt and white pepper as desired.
- ☐ For the chicken burgers: Preheat the oven to 350 degrees F. Over medium-high heat, warm a large ovenproof saute pan with the oil. Form the chicken into 4 equal patties, and then form a pocket in the center of each burger. Fill the center with a quarter of the blue cheese, and then fold the edges to seal the cheese in the burgers.
- ☐ Sprinkle the stuffed burgers with the salt and pepper and sear in the pan for 2 to 3 minutes per side.
- ☐ Transfer the pan to the oven and finish cooking until the internal temperature reaches 165 degrees F.
- ☐ Toast the buns with the butter on a grill, and then layer the toasted bun bottom with some tarragon aioli, baby spinach leaves, a tomato slice, burger and top of bun. Repeat with the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:1.1, Inflammation Score:-8, Nutrition Score:26.290434433066%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 1042.69kcal (52.13%), Fat: 75.56g (116.25%), Saturated Fat: 29.97g (187.28%), Carbohydrates: 43.18g (14.39%), Net Carbohydrates: 42.18g (15.34%), Sugar: 0.45g (0.5%), Cholesterol: 348.63mg (116.21%), Sodium: 2323.8mg (101.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.68g (99.36%), Vitamin K: 84.85µg (80.81%), Vitamin B6: 1.03mg (51.44%), Vitamin B3: 10.16mg (50.78%), Phosphorus: 491.75mg (49.18%), Vitamin A: 2022.76IU (40.46%), Vitamin B2: 0.62mg (36.66%), Selenium: 24.75µg (35.35%), Calcium: 325.04mg (32.5%), Potassium: 1111.2mg (31.75%), Vitamin B5: 2.67mg (26.66%), Zinc: 3.84mg (25.63%), Vitamin B12: 1.52µg (25.28%), Iron: 3.6mg (20%), Manganese: 0.39mg (19.25%), Vitamin E: 2.81mg (18.76%), Magnesium: 60.81mg (15.2%), Vitamin B1: 0.22mg (14.4%), Folate: 38.42µg (9.61%), Copper: 0.19mg (9.29%), Vitamin C: 4.27mg (5.17%), Fiber: 1g (4.01%), Vitamin D: 0.37µg (2.49%)