



Healthy & Delicious: Chicken Pecan Bulgur Burgers

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.7 cup bulgur
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup parsley

- ☐ 0.3 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 12 ounces chicken breast boneless skinless cut into chunks

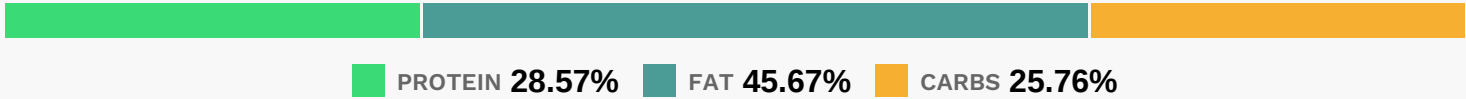
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a large nonstick skillet, heat 1 tablespoon olive oil over medium heat.
- ☐ Saute 1 cup chopped onion until it begins soften and brown, about 5 minutes. Kill heat.
- ☐ Remove onions to plate and cool completely. Wipe out pan with paper towel.
- ☐ In medium bowl combine bulgur wheat with 3 cups cold water. Cover and refrigerate 20 minutes.
- ☐ Drain thoroughly and squeeze out excess liquid.
- ☐ Place bulgur back in medium bowl.
- ☐ Place chicken in food processor. Pulse a few times until roughly ground.
- ☐ Remove to a plate and clean processor bowl.
- ☐ Place remaining 1/2 cup onion and parsley in food processor. Pulse until chopped fine.
- ☐ Add chicken, salt, pepper, paprika, cinnamon, and cayenne. Pulse until thoroughly combined.
- ☐ Add 3 tablespoons cold water. Pulse to combine.
- ☐ Add chicken mixture to bulgur bowl. Then, add cooked onions and pecans.
- ☐ Mix thoroughly using your hands. Cover and refrigerate 30 minutes.
- ☐ Shape mixture into 8 patties, each 1/2- to 3/4-inch thick.
- ☐ Heat 1 or 2 tablespoons olive oil in nonstick skillet over medium-high heat. Cook patties 3 to 5 minutes on each side, until browned and cooked through.
- ☐ Serve on whole wheat buns with cilantro sauce or honey mustard.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:3.22, Inflammation Score:-4, Nutrition Score:10.092173966377%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 150.09kcal (7.5%), Fat: 7.79g (11.99%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 7.09g (2.58%), Sugar: 0.27g (0.3%), Cholesterol: 27.22mg (9.07%), Sodium: 343.68mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.97g (21.94%), Vitamin K: 43.95µg (41.86%), Manganese: 0.59mg (29.37%), Vitamin B3: 5.15mg (25.73%), Selenium: 14.06µg (20.09%), Vitamin B6: 0.38mg (18.83%), Phosphorus: 138.32mg (13.83%), Fiber: 2.8g (11.2%), Magnesium: 37.16mg (9.29%), Vitamin B5: 0.78mg (7.81%), Vitamin A: 376.57IU (7.53%), Potassium: 244.36mg (6.98%), Vitamin B1: 0.08mg (5.65%), Copper: 0.11mg (5.36%), Vitamin E: 0.76mg (5.09%), Vitamin C: 3.94mg (4.77%), Zinc: 0.7mg (4.68%), Iron: 0.8mg (4.44%), Vitamin B2: 0.07mg (3.97%), Folate: 9.77µg (2.44%), Calcium: 14.96mg (1.5%), Vitamin B12: 0.09µg (1.42%)