



Indian-Spiced Chicken Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons mint leaves fresh chopped
- ☐ 2 teaspoons garam masala
- ☐ 0.3 cup spring onion
- ☐ 1 pound ground chicken
- ☐ 1 teaspoon ground ginger fresh (such as Spice World)
- ☐ 0.3 teaspoon ground pepper red
- ☐ 6 ounce hawaiian rolls
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup greek yogurt 2% low-fat

- ☐ 0.3 cup mango chutney hot
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 cup pkt spinach fresh

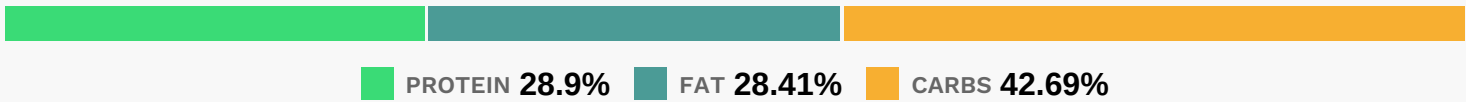
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare patties, combine first 7 ingredients in a large bowl. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook 7 minutes on each side or until done.
- ☐ Combine yogurt, mint, and 1/8 teaspoon salt.
- ☐ Spread 1 tablespoon chutney on bottom halves of 4 buns; top each with 1 patty, 1 tablespoon yogurt mixture, 1/4 cup spinach, and a bun top.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:20.8, Inflammation Score:-7, Nutrition Score:18.054347805355%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 361.26kcal (18.06%), Fat: 11.36g (17.48%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 38.42g (12.81%), Net Carbohydrates: 36.79g (13.38%), Sugar: 14.27g (15.85%), Cholesterol: 98.34mg (32.78%), Sodium: 516.55mg (22.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.03%), Vitamin K: 52.22µg (49.73%), Vitamin B3: 8.26mg (41.29%), Selenium: 23.97µg (34.24%), Vitamin B6: 0.64mg (31.9%), Vitamin B2: 0.44mg (25.74%), Phosphorus: 256.36mg (25.64%), Manganese: 0.51mg (25.48%), Vitamin B1: 0.37mg (24.58%), Potassium: 732.52mg (20.93%), Vitamin A: 828.19IU (16.56%), Iron: 2.9mg (16.13%), Folate: 62.98µg (15.75%), Zinc: 2.08mg (13.86%), Vitamin B5: 1.26mg (12.6%), Vitamin B12: 0.72µg (12%), Magnesium: 43.14mg (10.78%), Calcium: 101.95mg (10.19%), Vitamin C: 7.27mg (8.81%), Copper: 0.16mg (8%), Fiber: 1.63g (6.53%), Vitamin E: 0.68mg (4.51%)