



Jamaican Chicken Burgers

 Dairy Free

READY IN



54 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground chicken
- ☐ 4 hamburger buns
- ☐ 1.5 teaspoons jamaican jerk seasoning
- ☐ 1 slices toppings: mango lettuce leaves fresh
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon onion grated
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

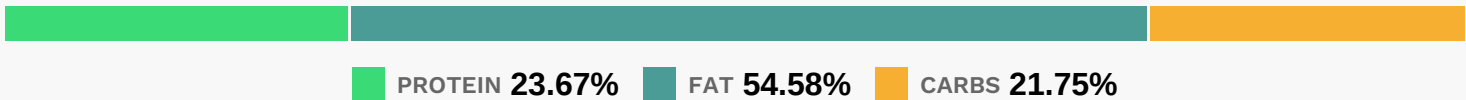
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a large bowl. Shape into 4 (3-inch) patties. Cover and chill 30 minutes.
- ☐ Cook patties in hot oil in a large nonstick skillet over medium-high heat 7 to 8 minutes on each side or until done.
- ☐ Serve on buns with desired toppings.
- ☐ *Ground pork may be substituted.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:12.97, Inflammation Score:-4, Nutrition Score:15.234782669855%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 410.54kcal (20.53%), Fat: 24.85g (38.23%), Saturated Fat: 5.15g (32.17%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 21.2g (7.71%), Sugar: 3.37g (3.75%), Cholesterol: 103.4mg (34.47%), Sodium: 672.51mg (29.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.49%), Vitamin B3: 8.21mg (41.05%), Selenium: 23.75µg (33.93%), Vitamin B6: 0.63mg (31.39%), Vitamin K: 32.85µg (31.28%), Phosphorus: 251.27mg (25.13%), Vitamin B2: 0.41mg (24.21%), Vitamin B1: 0.36mg (24.12%), Potassium: 666.02mg (19.03%), Iron: 2.57mg (14.3%), Manganese: 0.27mg (13.72%), Zinc: 2.04mg (13.6%), Vitamin B5: 1.27mg (12.72%), Vitamin B12: 0.74µg (12.3%), Folate: 43.03µg (10.76%), Vitamin E: 1.45mg (9.65%), Magnesium: 35.25mg (8.81%), Calcium: 73.16mg (7.32%), Copper: 0.13mg (6.6%), Vitamin A: 250.46IU (5.01%), Fiber: 1.08g (4.32%)