



 **26%**  
HEALTH SCORE

## John McCain Chicken Queso Burger

READY IN



93 min.

SERVINGS



6

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon adobo seasoning all-purpose
- 6 challah rolls soft halved
- 0.5 teaspoon chili powder
- 1 haas avocados sliced
- 1 optional: lemon
- 1 lime
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 cranberry-orange relish
- 8 ounces pepper jack cheese

- 0.8 cup salsa fresh plus more for serving
- 36 ounce chicken breast boneless skinless

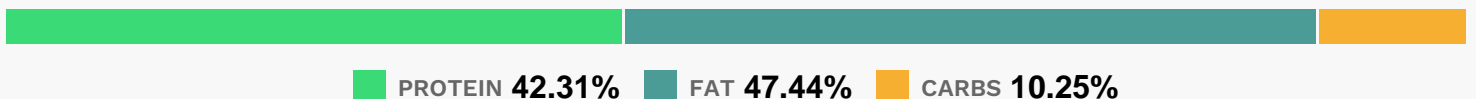
## Equipment

- bowl
- whisk
- grill
- stove
- grill pan

## Directions

- Finely grate the zest of the lemon, lime and orange into a medium bowl. Squeeze in the juice of each fruit.
- Add the chili powder, adobo seasoning and olive oil; whisk to combine.
- Add the chicken and coat well with the marinade; cover and refrigerate for at least 1 hour or overnight.
- Preheat a grill or grill pan to medium-high. Grill the chicken breasts until cooked through, about 8 minutes per side, turning once. Move the chicken to the cooler side of the grill (or reduce the heat on the stove) and top each piece with 1 tablespoon salsa and 1 slice cheese. Cover and cook until the cheese melts, 1 to 2 minutes.
- Place a chicken breast on each roll bottom; add a few slices of avocado and cover with the roll top.
- Serve with more salsa, if desired.
- Photograph by Tina Rupp

## Nutrition Facts



## Properties

Glycemic Index:28.67, Glycemic Load:1.77, Inflammation Score:-7, Nutrition Score:26.703043668166%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 15.77mg, Hesperetin: 15.77mg, Hesperetin: 15.77mg, Hesperetin: 15.77mg Naringenin: 3.82mg, Naringenin: 3.82mg, Naringenin: 3.82mg, Naringenin: 3.82mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## **Nutrients (% of daily need)**

Calories: 442.25kcal (22.11%), Fat: 23.49g (36.13%), Saturated Fat: 9.28g (58%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 7.14g (2.6%), Sugar: 4.45g (4.95%), Cholesterol: 143.75mg (47.92%), Sodium: 655.31mg (28.49%), Alcohol: 0g (100%), Protein: 47.13g (94.25%), Vitamin B3: 18.85mg (94.23%), Selenium: 60.66µg (86.65%), Vitamin B6: 1.49mg (74.36%), Phosphorus: 562.33mg (56.23%), Vitamin C: 30.42mg (36.87%), Calcium: 322.91mg (32.29%), Vitamin B5: 3.15mg (31.51%), Potassium: 988.31mg (28.24%), Vitamin B2: 0.39mg (22.82%), Magnesium: 73.76mg (18.44%), Fiber: 4.29g (17.15%), Zinc: 2.45mg (16.35%), Vitamin E: 2mg (13.36%), Vitamin A: 654.7IU (13.09%), Folate: 51.63µg (12.91%), Vitamin B1: 0.18mg (11.96%), Vitamin B12: 0.65µg (10.9%), Vitamin K: 11.33µg (10.79%), Copper: 0.17mg (8.48%), Iron: 1.5mg (8.34%), Manganese: 0.13mg (6.55%), Vitamin D: 0.4µg (2.65%)