



Mini chicken bagel burgers

 Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 a 400g can chickpea drained canned
- ☐ 1 small onion finely chopped
- ☐ 1 garlic clove crushed
- ☐ 500 g turkey mince
- ☐ 1 small sweet potatoes and into grated (100g 4oz)
- ☐ 12 servings olive oil for brushing
- ☐ 12 bagels mini
- ☐ 2 tbsp mayonnaise low-fat

- ☐ 0.3 iceberg lettuce shredded
- ☐ 2 tomatoes sliced
- ☐ 0.3 cucumber sliced

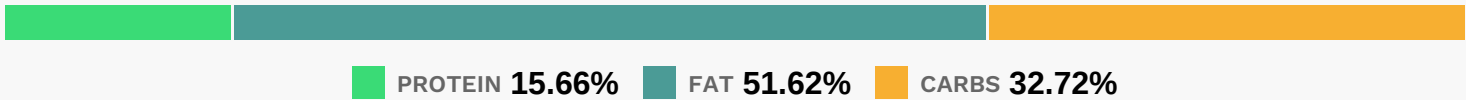
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat grill to medium. Whizz the chickpeas in a food processor or mash until well broken up. Put into a bowl with the onion, garlic, mince and sweet potato.
- ☐ Mix well and season. Can be frozen for up to 1 month.
- ☐ Line a baking sheet with foil. Divide the mixture into 12 and shape into mini burgers. Put onto the baking sheet, brush with oil and grill for 10 mins, turning once. Can be chilled and reheated in the microwave on High for 2 mins.
- ☐ Split the bagels and toast under the grill, if you like.
- ☐ Spread the bases with mayonnaise, top with a chicken burger, some shredded lettuce, tomato, cucumber and the bagel tops.

Nutrition Facts



Properties

Glycemic Index:24.81, Glycemic Load:16.96, Inflammation Score:-8, Nutrition Score:9.7678261269694%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 325.42kcal (16.27%), Fat: 18.75g (28.84%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 24.9g (9.06%), Sugar: 1.63g (1.82%), Cholesterol: 31.21mg (10.4%), Sodium: 281.12mg (12.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.8g (25.59%), Vitamin A: 1800.76IU (36.02%), Vitamin B3: 3.2mg (16.01%), Manganese: 0.31mg (15.62%), Vitamin E: 2.28mg (15.17%), Vitamin K: 14.68µg (13.98%), Phosphorus: 136.8mg (13.68%), Selenium: 8.13µg (11.61%), Vitamin B6: 0.22mg (11.22%), Zinc: 1.53mg (10.22%), Vitamin B12: 0.5µg (8.33%), Vitamin B1: 0.12mg (8.16%), Copper: 0.15mg (7.62%), Iron: 1.34mg (7.44%), Fiber: 1.82g (7.29%), Potassium: 251.1mg (7.17%), Vitamin B5: 0.71mg (7.09%), Magnesium: 28.14mg (7.04%), Vitamin B2: 0.12mg (6.8%), Folate: 21.84µg (5.46%), Vitamin C: 4.09mg (4.96%), Calcium: 26.6mg (2.66%), Vitamin D: 0.17µg (1.11%)