



Open-Face Chicken Burgers with Basil Mayonnaise

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups basil fresh divided chopped
- 3 tablespoons dill pickles drained chopped
- 2 spring onion finely chopped
- 1.3 pounds ground chicken
- 1 cup mayonnaise
- 4 servings olive oil (for brushing)
- 4.3 inch heirloom tomatoes red

Equipment

- bowl
- grill

Directions

- Brush grill with oil; prepare barbecue (medium heat).
- Mix mayonnaise, 1 cup chopped basil, cornichons, brine, and onions in small bowl. Season basil mayonnaise with salt and pepper.
- Mix chicken and 1/2 cup basil mayonnaise in large bowl. Using wet hands, shape chicken mixture into four 1/2-inch-thick patties.
- Sprinkle with salt and pepper.
- Brush bread with oil.
- Grill bread until crisp and golden, about 1 minute per side.
- Transfer bread to plates. Grill burgers until firm to touch and cooked through, about 5 minutes per side.
- Spread bread slices thickly with basil mayonnaise. Top each bread slice with tomato, 2 basil leaves, burger, and dollop of basil mayonnaise.
- Garnish with remaining chopped basil.
- One serving contains the following: 730.73 Calories (kcal), 73.0% Calories from Fat, 59.25 (g) Fat, 9.47 (g) Saturated Fat, 113.75 (mg) Cholesterol, 22.47 (g)
- Other

Nutrition Facts

 **PROTEIN 14.36%**  **FAT 84.89%**  **CARBS 0.75%**

Properties

Glycemic Index:47.5, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:18.078695768895%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 712.73kcal (35.64%), Fat: 67.48g (103.82%), Saturated Fat: 11.76g (73.5%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 0.92g (0.34%), Sugar: 0.7g (0.77%), Cholesterol: 145.42mg (48.47%), Sodium: 531.93mg (23.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.36%), Vitamin K: 146.47µg (139.49%), Vitamin B3: 8.03mg (40.15%), Vitamin B6: 0.75mg (37.57%), Vitamin E: 4.36mg (29.04%), Phosphorus: 272.93mg (27.29%), Potassium: 808.89mg (23.11%), Selenium: 15.8µg (22.58%), Vitamin B2: 0.37mg (21.74%), Vitamin B5: 1.67mg (16.72%), Zinc: 2.27mg (15.12%), Vitamin B12: 0.86µg (14.35%), Vitamin B1: 0.17mg (11.48%), Vitamin A: 535.06IU (10.7%), Iron: 1.72mg (9.54%), Magnesium: 37.41mg (9.35%), Copper: 0.14mg (7.06%), Manganese: 0.13mg (6.53%), Vitamin C: 3.09mg (3.74%), Calcium: 36.98mg (3.7%), Folate: 14.46µg (3.61%), Fiber: 0.42g (1.68%)