



Open-Face Chicken Burgers with Basil Mayonnaise

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups basil fresh divided chopped
- 4.5 inch bread white
- 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 14.37% FAT 84.13% CARBS 1.5%

Properties

Glycemic Index:62.17, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:18.449130358903%

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: 720.56kcal (36.03%), Fat: 67.61g (104.02%), Saturated Fat: 11.78g (73.63%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.86g (0.96%), Cholesterol: 145.42mg (48.47%), Sodium: 545.45mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.99g (51.98%), Vitamin K: 146.61µg (139.63%), Vitamin B3: 8.19mg (40.95%), Vitamin B6: 0.75mg (37.73%), Vitamin E: 4.36mg (29.08%), Phosphorus: 276.61mg (27.66%), Selenium: 16.63µg (23.75%), Potassium: 812.92mg (23.23%), Vitamin B2: 0.38mg (22.16%), Vitamin B5: 1.7mg (16.96%), Zinc: 2.3mg (15.32%), Vitamin B12: 0.86µg (14.35%), Vitamin B1: 0.18mg (12.26%), Vitamin A: 535.12IU (10.7%), Iron: 1.82mg (10.11%), Magnesium: 38.58mg (9.64%), Manganese: 0.16mg (8.24%), Copper: 0.15mg (7.27%), Folate: 16.89µg (4.22%), Calcium: 40.56mg (4.06%), Vitamin C: 3.09mg (3.75%), Fiber: 0.53g (2.14%)