



Pesto Chicken Burgers

READY IN



35 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons almonds sliced
- 5 ounce baby arugula
- 4 cups basil fresh loosely packed (1 bunch)
- 1.3 pounds ground chicken
- 5 hamburger buns whole-wheat split toasted cut into pieces, 4 open and)
- 0.5 juice of lemon
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin
- 2 tablespoons parmesan cheese grated

- 2 medium tomatoes whole sliced (1, 1 thickly)

Equipment

- bowl
- frying pan
- blender

Directions

- Toss the cut-up bun with 3 tablespoons water in a large bowl; set aside 1 minute.
- Add the chicken, 3/4 teaspoon salt, and pepper to taste; mix with your hands until combined. Form into four 3/4-inch-thick patties.
- Heat the olive oil in a large nonstick skillet over medium heat.
- Add the almonds and cook, stirring, until lightly toasted, about 2 minutes. Set aside 1 tablespoon almonds for the salad; transfer the rest to a blender along with the oil from the pan. Do not wipe out the skillet. Increase the heat under the skillet to medium high.
- Add the chicken patties and cook until no longer pink, 7 to 8 minutes per side. Meanwhile, add the whole tomato to the blender and process until smooth.
- Add the basil and 1/4 teaspoon salt; pulse until almost smooth.
- Add the parmesan; pulse until combined. Season with salt and pepper.
- Serve the burgers on the buns; top each with a spoonful of pesto and a tomato slice. Toss the remaining pesto with the arugula, the reserved 1 tablespoon almonds and the lemon juice; serve with the burgers.
- Photograph by Johnny Miller

Nutrition Facts

 **PROTEIN 27.51%**  **FAT 45.8%**  **CARBS 26.69%**

Properties

Glycemic Index:53, Glycemic Load:17.2, Inflammation Score:-9, Nutrition Score:32.101739306165%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 12.45mg, Kaempferol: 12.45mg, Kaempferol: 12.45mg, Kaempferol: 12.45mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 494.77kcal (24.74%), Fat: 25.55g (39.3%), Saturated Fat: 5.41g (33.82%), Carbohydrates: 33.5g (11.17%), Net Carbohydrates: 29.89g (10.87%), Sugar: 6.75g (7.5%), Cholesterol: 124.08mg (41.36%), Sodium: 601.97mg (26.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.53g (69.05%), Vitamin K: 151.06µg (143.86%), Vitamin B3: 11.12mg (55.58%), Vitamin A: 2641.68IU (52.83%), Manganese: 0.95mg (47.69%), Vitamin B6: 0.89mg (44.3%), Selenium: 30.44µg (43.49%), Phosphorus: 405.45mg (40.55%), Vitamin B2: 0.66mg (38.61%), Potassium: 1216.36mg (34.75%), Vitamin B1: 0.51mg (33.99%), Folate: 116.06µg (29.02%), Vitamin E: 4.15mg (27.67%), Iron: 4.78mg (26.58%), Magnesium: 102.26mg (25.57%), Vitamin C: 20.21mg (24.5%), Calcium: 233.92mg (23.39%), Zinc: 3.29mg (21.91%), Copper: 0.39mg (19.27%), Vitamin B5: 1.86mg (18.56%), Vitamin B12: 0.94µg (15.58%), Fiber: 3.61g (14.42%)