



Spicy Chicken Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe cut into 1-inch chunks
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 cup cucumber thinly sliced
- ☐ 1 cup edamame frozen shelled thawed
- ☐ 4 muffins whole-wheat split english (or wholegrain buns)
- ☐ 2 cloves garlic
- ☐ 2 tablespoons soy sauce reduced-sodium
- ☐ 0.3 cup greek yogurt plain
- ☐ 1 tablespoon olive oil

- ☐ 1 portabello mushrooms
- ☐ 0.5 small onion red divided
- ☐ 12 ounces chicken breast boneless skinless quartered
- ☐ 0.5 teaspoon sugar
- ☐ 1 teaspoon citrus champagne vinegar

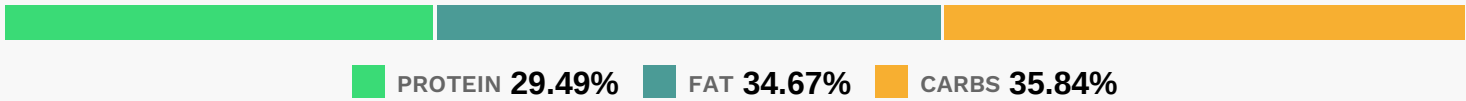
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. In a bowl, whisk together yogurt,vinegar and sugar. Dice half the onion; add diced onion,avocado and cucumber to yogurt mixture; toss to coat.In a food processor, process portobello, edamame, garlicand remaining half of onion until finely chopped.
- ☐ Addchicken, soy sauce and cayenne. Pulse until chicken ischopped and ingredients are combined, about 12 times.Form mixture into 4 patties.
- ☐ Heat oil in a large oven–safeskillet over high heat.
- ☐ Add patties and cook, turningonce, until both sides are browned, 2 to 3 minutes perside.
- ☐ Place skillet in oven; bake until patties are cookedthrough, 12 to 14 minutes.
- ☐ Place lettuce, if desired,and patties on bottom halves of muffins; top each with1/2 cup avocado mixture and remaining muffin half.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:25.470434707144%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 403.2kcal (20.16%), Fat: 16g (24.62%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 37.21g (12.4%), Net Carbohydrates: 27.66g (10.06%), Sugar: 8.64g (9.6%), Cholesterol: 55.25mg (18.42%), Sodium: 607.02mg (26.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.61g (61.23%), Selenium: 54.66µg (78.09%), Vitamin B3: 12.77mg (63.87%), Manganese: 1.22mg (61.15%), Vitamin B6: 0.96mg (47.9%), Phosphorus: 415.16mg (41.52%), Fiber: 9.55g (38.18%), Potassium: 1024.05mg (29.26%), Vitamin B5: 2.68mg (26.77%), Folate: 88.88µg (22.22%), Calcium: 222.22mg (22.22%), Magnesium: 88.66mg (22.16%), Vitamin B1: 0.29mg (19.65%), Iron: 3.32mg (18.46%), Vitamin B2: 0.29mg (17.15%), Copper: 0.34mg (16.87%), Vitamin K: 15.97µg (15.21%), Vitamin E: 2.03mg (13.52%), Zinc: 2mg (13.35%), Vitamin C: 8.7mg (10.54%), Vitamin A: 186.28IU (3.73%), Vitamin B12: 0.18µg (3.01%)