



 **21%**  
HEALTH SCORE

## Summer Chicken Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 avocado ripe sliced
- 1 tablespoon butter
- 4 hawaiian rolls
- 1 tablespoon juice of lemon
- 4 tablespoons mayonnaise
- 4 slices provolone cheese
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless
- 1 large onion sliced into rings

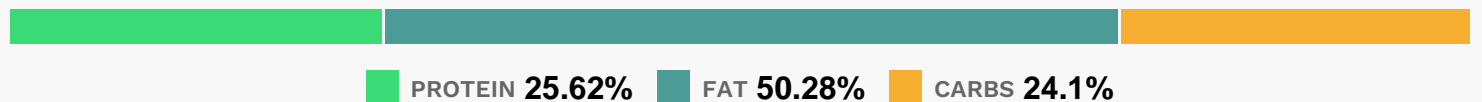
## Equipment

- bowl
- frying pan
- grill

## Directions

- In a small bowl, combine sliced avocado and lemon juice.
- Add water to cover; set aside. Preheat an outdoor grill for high heat and lightly oil grate.
- Heat butter in a large heavy skillet over medium-high heat.
- Saute the onions until browned and caramelized; set aside.
- Season the chicken with salt and pepper.
- Place on grill, and cook until no longer pink and juices run clear, about 5 minutes on each side.
- Place buns on grill just long enough to toast them.
- Spread buns with mayonnaise to taste, then layer with chicken, caramelized onion, provolone and avocado.

## Nutrition Facts



## Properties

Glycemic Index:57.25, Glycemic Load:13.4, Inflammation Score:-7, Nutrition Score:24.828695603039%

## 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: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg

## Nutrients (% of daily need)

Calories: 543.48kcal (27.17%), Fat: 30.43g (46.82%), Saturated Fat: 8.76g (54.75%), Carbohydrates: 32.82g (10.94%), Net Carbohydrates: 27.93g (10.16%), Sugar: 7.9g (8.78%), Cholesterol: 98.83mg (32.94%), Sodium: 797mg (34.65%), Alcohol: Og (100%), Protein: 34.9g (69.8%), Selenium: 51.59µg (73.7%), Vitamin B3: 14.6mg (73.01%), Vitamin B6: 1.13mg (56.35%), Phosphorus: 427.52mg (42.75%), Vitamin K: 36.57µg (34.83%), Folate: 108.13µg (27.03%), Vitamin B1: 0.38mg (25.3%), Vitamin B5: 2.51mg (25.13%), Potassium: 846.51mg (24.19%), Calcium: 236.1mg (23.61%), Vitamin B2: 0.39mg (22.82%), Manganese: 0.39mg (19.64%), Fiber: 4.9g (19.59%), Magnesium: 67.05mg (16.76%), Vitamin C: 12.36mg (14.99%), Iron: 2.52mg (13.99%), Zinc: 2.04mg (13.59%), Vitamin E: 1.98mg (13.18%), Copper: 0.23mg (11.38%), Vitamin B12: 0.61µg (10.2%), Vitamin A: 372.51IU (7.45%), Vitamin D: 0.24µg (1.57%)