



## Szechuan Burgers With Cilantro Slaw

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 1.5 cups coleslaw mix shredded loosely packed
- 2 tablespoons cilantro leaves fresh minced
- 2 teaspoons garlic minced
- 0.5 cup green onions diced
- 1.5 pounds ground chicken breast
- 1 teaspoon kosher salt divided
- 2 teaspoons florida's natural brand premium orange juice

- 0.3 cup cucumber ranch dressing kraft
- 1.5 teaspoons mccormick gourmet collection szechwan seasoning
- 6 sesame seed hamburger buns
- 1 tablespoon mccormick gourmet collection sesame seeds black

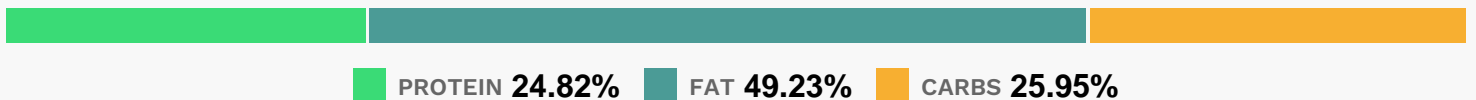
## Equipment

- bowl
- whisk
- grill

## Directions

- Whisk together first 3 ingredients and 1/4 tsp. salt in a large bowl. Stir in coleslaw mix, green onions, and sesame seeds. Cover and chill at least 30 minutes or up to 2 hours.
- Coat a cold cooking grate with cooking spray, and place on grill. Preheat grill to 300 to 350 (medium).
- Combine ground chicken, next 3 ingredients, and remaining 3/4 tsp. salt in a large bowl until blended. Shape mixture into 6 (3/4-inch-thick) patties.
- Grill patties, covered with grill lid, over 300 to 350 (medium) heat 5 minutes on each side or until done. Grill hamburger buns, cut sides down, 1 to 2 minutes or until lightly toasted.
- Place 1 burger on top of each bottom bun; top evenly with coleslaw mixture and tops of buns.

## Nutrition Facts



## Properties

Glycemic Index:48.67, Glycemic Load:13.4, Inflammation Score:-4, Nutrition Score:19.077825985525%

## Flavonoids

Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## **Nutrients (% of daily need)**

Calories: 404.73kcal (20.24%), Fat: 22.25g (34.23%), Saturated Fat: 4.66g (29.14%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 24.15g (8.78%), Sugar: 5.6g (6.22%), Cholesterol: 100.99mg (33.66%), Sodium: 895.06mg (38.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.23g (50.47%), Vitamin K: 65.29µg (62.18%), Vitamin B3: 8.33mg (41.63%), Selenium: 24.52µg (35.03%), Vitamin B6: 0.68mg (33.75%), Phosphorus: 293.26mg (29.33%), Vitamin B1: 0.39mg (25.9%), Vitamin B2: 0.44mg (25.68%), Potassium: 752.64mg (21.5%), Manganese: 0.41mg (20.65%), Iron: 3.37mg (18.72%), Folate: 59.5µg (14.88%), Zinc: 2.23mg (14.83%), Vitamin B5: 1.41mg (14.11%), Vitamin B12: 0.74µg (12.38%), Vitamin C: 10.07mg (12.2%), Calcium: 121.79mg (12.18%), Magnesium: 46.58mg (11.65%), Vitamin E: 1.54mg (10.29%), Copper: 0.2mg (9.98%), Fiber: 2.23g (8.94%), Vitamin A: 144.31IU (2.89%)