



Thai Chicken Burgers

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup coconut flakes flaked finely chopped
- 0.3 cup coconut flakes flaked finely chopped
- 1 tablespoon mint leaves fresh chopped
- 2 tablespoons parsley fresh minced
- 3 cloves garlic minced
- 2 tablespoons spring onion minced
- 2 pounds ground chicken
- 8 hawaiian rolls split toasted

- 2 teaspoons juice of lemon
- 2 teaspoons juice of lime
- 1 cup mayonnaise
- 2.5 cups panko bread crumbs
- 0.5 cup satay sauce
- 1 tablespoon hot sauce hot
- 2 tablespoons curry paste red
- 2 teaspoons soya sauce

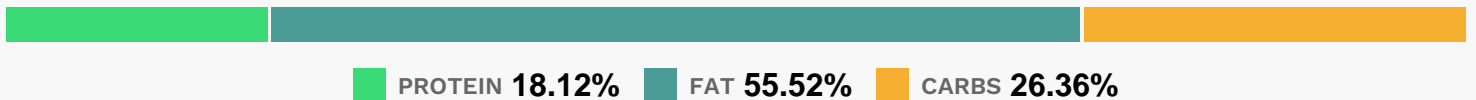
Equipment

- bowl
- grill

Directions

- In a small bowl, mix together mayonnaise, coconut, and mint. Cover, and refrigerate for at least 1 hour.
- In a large bowl, mix together ground chicken, panko crumbs, Thai peanut sauce, curry paste, green onion, parsley, soy sauce, garlic, lemon juice, lime juice, and hot pepper sauce. Be careful not to over-mix. Divide into 8 equal size balls. Flatten into patties about 1/2 inch thick.
- Preheat the grill for medium-high heat.
- Lightly oil the grill grate. Grill burgers for 6 to 8 minutes per side, or until well done.
- Serve on toasted buns with Coconut-Mint Mayonnaise.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:13.1, Inflammation Score:-7, Nutrition Score:21.638695431792%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 629.73kcal (31.49%), Fat: 38.63g (59.42%), Saturated Fat: 9.63g (60.22%), Carbohydrates: 41.25g (13.75%), Net Carbohydrates: 38.46g (13.99%), Sugar: 7.87g (8.75%), Cholesterol: 109.28mg (36.43%), Sodium: 934.26mg (40.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.37g (56.74%), Vitamin K: 69.44µg (66.13%), Vitamin B3: 9.5mg (47.51%), Selenium: 29.8µg (42.57%), Vitamin B1: 0.55mg (36.73%), Vitamin B6: 0.67mg (33.59%), Manganese: 0.61mg (30.74%), Phosphorus: 298.76mg (29.88%), Vitamin B2: 0.5mg (29.19%), Iron: 3.82mg (21.24%), Potassium: 741.61mg (21.19%), Folate: 67.46µg (16.87%), Zinc: 2.45mg (16.32%), Vitamin A: 738.43IU (14.77%), Vitamin B5: 1.46mg (14.57%), Vitamin B12: 0.82µg (13.67%), Magnesium: 49.26mg (12.32%), Calcium: 118.6mg (11.86%), Copper: 0.23mg (11.36%), Fiber: 2.79g (11.17%), Vitamin E: 1.4mg (9.35%), Vitamin C: 5.19mg (6.29%)