



Vietnamese "Banh Mi" Chicken Burger

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoon apple cider vinegar
- 1 cup bean sprouts
- 0.5 teaspoon pepper black divided
- 0.1 teaspoon brown sugar
- 1 medium carrots peeled sliced into ribbons
- 1 bunch cilantro leaves chopped
- 1 small cucumber thinly sliced
- 1 eggs

- 1.3 pounds ground chicken
- 0.3 teaspoon ground cumin
- 4 hawaiian rolls whole-wheat
- 1 tablespoon olive oil
- 3 radishes thinly sliced
- 2.5 teaspoon salt divided
- 0.3 cup spring onion chopped
- 2 teaspoons sesame oil
- 0.5 pound mushroom caps
- 2 teaspoons soya sauce
- 1 teaspoon sugar
- 6 ounces tofu firm
- 1 cup vinegar white

Equipment

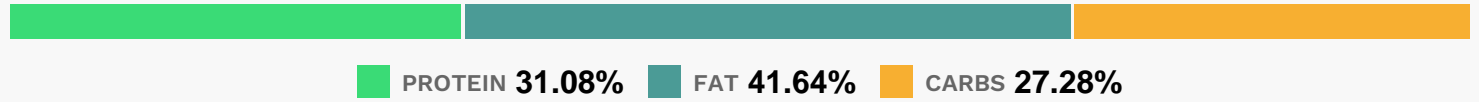
- food processor
- bowl
- frying pan
- baking sheet
- oven
- pot

Directions

- In a glass bowl, combine cucumber, carrot and radishes. In a small pot, bring white vinegar, 1/2 teaspoon salt, sugar and 1 cup water to a boil; pour over vegetables and refrigerate until pickled, 1 hour.
- Heat oven to 400F. In a food processor, pulse tofu, egg, scallions, 1/4 teaspoon pepper and remaining 1 teaspoon salt until combined, 30 seconds. In a bowl, fold tofu mixture into chicken; form into 4 patties. Grease a 12" x 12" baking sheet with olive oil.

- Bake burgers until internal temperature reaches 165F, 20 minutes. In a medium skillet, heat sesame oil. Saut shiitakes, 2 minutes.
- Add soy sauce, apple cider vinegar, cumin, brown sugar and remaining 1/4 teaspoon pepper; cook 2 minutes. Divide burgers, mushrooms, pickled salad, bean sprouts and cilantro among buns.

Nutrition Facts



Properties

Glycemic Index:119.73, Glycemic Load:15.21, Inflammation Score:-9, Nutrition Score:27.534782596256%

Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 482.84kcal (24.14%), Fat: 22.07g (33.96%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 28.47g (10.35%), Sugar: 8.42g (9.35%), Cholesterol: 162.82mg (54.27%), Sodium: 1958.6mg (85.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.07g (74.14%), Vitamin B3: 12.46mg (62.28%), Vitamin A: 2841.83IU (56.84%), Vitamin B6: 1.02mg (50.9%), Selenium: 33.42µg (47.75%), Phosphorus: 420.19mg (42.02%), Vitamin B2: 0.71mg (41.68%), Vitamin K: 38.64µg (36.8%), Potassium: 1170.93mg (33.46%), Manganese: 0.61mg (30.43%), Vitamin B1: 0.45mg (30.2%), Vitamin B5: 2.84mg (28.38%), Iron: 4.31mg (23.97%), Zinc: 3.41mg (22.73%), Folate: 85.25µg (21.31%), Magnesium: 69.28mg (17.32%), Copper: 0.33mg (16.49%), Vitamin B12: 0.98µg (16.29%), Fiber: 4.07g (16.28%), Calcium: 159.28mg (15.93%), Vitamin C: 8.32mg (10.09%), Vitamin E: 1.38mg (9.17%), Vitamin D: 0.45µg (2.98%)