

Chicken Basil Burgers



Prep Time 5-10 min

Cook Time 15 min Servings

4-5

INGREDIENTS

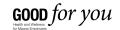
- 500 g ground chicken
- 1 egg
- 1 cup breadcrumbs
- 1 tsp chili flakes (optional)
- 1 small onion, diced
- 5 fresh basil leaves, torn into small pieces
- Pinch of salt and pepper



Directions

- 1. In a large mixing bowl, combine all ingredients.
- 2. Add chili flakes for spice if desired.
- 3. Form mixture into even size patties and flatten.
- 4. Grill on a BBQ 5-7 minutes per side.
- 5. Serve on a bun, lettuce or on its own.





Chicken Basil Burgers



FREE FROM*:

















CHICKEN VS BEEF

Chicken is lower in cholesterol and saturated fat in comparison to beef, which is better for your cardiovascular health. It is a great source of protein, potassium, and phosphorous!

NUTRITION INFO

Serving Size Calories	1 patty 255
Fat	5.1g
Saturated fat	1.4g
Protein	33.2g
Total Carbohydrates	17g
Fiber	1.3g
Sugars	2g
Sodium	265mg
Cholesterol	110mg
Iron	2mg
Potassium	264mg
Calcium	61 mg



^{*} Allergens dependent on products used. If you have a food allergy check all product labels.