

Hoisin Chicken Burgers with Pickled Red Onions

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-sesame-seed-buns-recipe>

Ingredients:

- 1/2 cup rice vinegar
- 1 1/2 teaspoons kosher salt
- 1 tablespoon sugar
- 1/2 star anise
- 8 peppercorns
- 1/2 red onion
- 1/4 cup red onion minced
- 1 pound ground chicken
- 1/4 cup red bell pepper minced
- 2 cloves garlic
- 6 tablespoons hoisin sauce
- 2 tablespoons breadcrumbs
- 2 tablespoons sesame seeds
- 1 tablespoon ginger Grated
- 4 teaspoons soy sauce
- olive oil
- 4 sesame seed buns
- lettuce

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 100 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 1690 milligrams
 9. Sugar: 11 grams
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