

Grilled Chicken Burgers

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/grilled-mushroom-swiss-burgers-recipe-allrecipes>

Ingredients:

- 1 onion chopped
- 2 teaspoons minced garlic
- 1 red bell pepper chopped
- 1 cup sliced mushrooms fresh
- 1 tomato seeded and chopped
- 2 carrots chopped
- 2 pounds ground chicken
- 1 egg
- 1/2 cup fresh bread crumbs
- 1 tablespoon Old Bay Seasoning
- kosher salt to taste
- black pepper to taste

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 125 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 240 milligrams
9. Sugar: 3 grams

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