

# Indian Spiced Chicken Burgers

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-bun-bread-recipe>

## Ingredients:

- 1 pound ground chicken
- 1 jalapeno seeded and minced
- 1/4 cup fresh cilantro small handful
- 1 inch fresh ginger knob
- 1/4 yellow onion a large
- 3 teaspoons garam masala
- 1 1/4 teaspoons salt
- 1 egg lightly beaten
- 1/3 cup panko breadcrumbs
- buns for serving

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 150 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 21 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 830 milligrams
9. Sugar: 1 grams

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