

# Ground Chicken Burger

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-chicken-recipes>

## Ingredients:

- 1 pound ground chicken
- 2 scallions sliced thin
- 1 cup seasoned bread crumbs
- 1 egg lightly beaten
- salt
- pepper
- 4 sesame seed burger buns
- 6 slices cheese your choice, i.e. swiss, american, gouda, cheddar

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 195 milligrams
4. Fat: 25 grams
5. Fiber: 1 grams
6. Protein: 34 grams
7. SaturatedFat: 12 grams
8. Sodium: 730 milligrams
9. Sugar: 2 grams

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