

Mexican Chicken Burger

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chicken-mince-recipe>

Ingredients:

- 4 chicken breasts
- 1/2 red onion
- 1 tablespoon cumin
- 1 teaspoon smoked paprika
- 1 clove garlic
- 1 egg
- 3 tablespoons almond flour
- 1 lime
- 1 jalapeño finely diced
- 1/4 cup cilantro roughly chopped
- 2 tomatoes large, seeded and chopped
- 1/2 red onion finely chopped
- 1/4 cup chopped fresh cilantro
- 1 jalapeño finely chopped
- 1 lime
- 1 pinch salt
- 2 lettuce leaves
- 5 slices butternut squash /sweet potato
- 1 teaspoon olive oil
- 1 avocado

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 160 milligrams
4. Fat: 16 grams
5. Fiber: 6 grams
6. Protein: 43 grams
7. SaturatedFat: 3 grams

8. Sodium: 300 milligrams
 9. Sugar: 4 grams
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