

"No Bun" Chicken Burger

submitted by gnat23

Per serving: 504 Calories • 33.8g Carbs (6g Fiber) • 21.8g Fat • 44.3g Protein

Ingredients

Ingredients scaled to: 1 serving

- 6 oz **Ground chicken** (170 grams)
- 1 large **Egg** (50 grams)
- 1/4 cup **Oats** (39 grams)
- 1 stalk **Onions** (12 grams)
- 2 tbsp **Red bell pepper** (18.5 grams)
- 1/4 medium **Zucchini** (49 grams)
- 1 tbsp **Tomato paste** (16 grams)
- 1 spray , about 1/3 second **Pam cooking spray** (0.30 grams)
- 1 clove, minced **Garlic** (3 grams)
- 2 dash **Pepper** (0.20 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Mix all ingredients together in a bowl to form a patty.
2. Heat a non-stick skillet over medium-high heat. Spray with non-stick spray. Cook patty for 5-7 minutes per side until golden brown, cooked through, and no longer pink.
3. Enjoy!