

# Chicken Burgers with U.S. Pepper Jack

U.S. pepper jack adds a subtle heat to this lighter take on a classic burger.



## INGREDIENTS

(Makes 8 sandwiches)

Mayonnaise	500g
Garlic, minced	12g
Fresh Rosemary, minced	18g
Green Onion, minced	28g
Ground Chicken	1kg
Salt & Pepper	To taste
Sweet Bell Peppers, cut into strips	16 strips
<b>U.S. Pepper Jack, sliced</b>	<b>16 slices (20g each)</b>
Hamburger Buns	8
Lettuce Leaves	8
Tomato Slices	8
Red Onion, sliced into rings	16
Pickle Slices	16

## NUTRITIONAL CONTENT

U.S. Label

### Nutrition Facts

Serving Size (100g)  
Servings Per Container

Amount Per Serving

**Calories 250**    **Calories from Fat 170**

% Daily Value\*

**Total Fat 19g**    **29%**

**Saturated Fat 4g**    **20%**

**Trans Fat 0g**

**Cholesterol 45mg**    **15%**

**Sodium 270mg**    **11%**

**Total Carbohydrate 10g**    **3%**

**Dietary Fiber 1g**    **4%**

**Sugars 2g**

**Protein 9g**

Vitamin A 4%    •    Vitamin C 10%

Calcium 8%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

**Calories** 253kcal

**Total Fat** 19g

Saturated Fat 4g

Trans Fat 0g

Cholesterol 43mg

**Total Carbohydrates** 10g

Dietary Fiber 1g

Sugars 2g

**Protein** 9g

Calcium 84mg

Magnesium 13mg

Phosphorus 76mg

Potassium 235mg

Sodium 271mg

Iron 1mg

Vitamin A 211IU

Vitamin C 5mg

## PREPARATION

- In a large bowl mix together the mayonnaise, garlic, rosemary and green onion. Divide into two and set aside one half.**
- Place ground chicken in the bowl and mix with half of the mayonnaise mixture.**
- Dived into eight balls and form into patties. Sprinkle with salt and pepper.**
- Grill sweet pepper strips until slightly browned.**
- Grill patties until browned and temperate reaches 75°C (170°F). Place pepper jack slices on to melt, after turning patties once.**
- Build sandwiches in that order: bottom bun, lettuce leaf, tomato slice, grilled patty with cheese, a dollop of the remaining mayonnaise mixture, pickles, peppers, onions and top bun.**
- Serve with French fries or other choice of side.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.