

Chicken Popeye Sliders

*Jamie Purviance - Weber's Big Book of Burgers
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Servings: 12

*1 1/2 pounds ground chicken
1 package (10 ounce) frozen chopped
spinach, thawed and squeezed dry
4 ounces mozzarella cheese, shredded
1/4 cup dried breadcrumbs
1/4 cup onion, finely chopped
2 tablespoons balsamic vinegar
1 teaspoon coarse salt
2 cloves garlic, minced
1/2 teaspoon ground black pepper
extra-virgin olive oil
12 slices mozzarella cheese
12 slider buns, split
4 tablespoons jarred pesto
2 medium roasted red bell peppers,
cut into strips*

In a bowl, mix the chicken, spinach, four ounces of mozzarella cheese, breadcrumbs, onion, vinegar, salt, garlic and black pepper. Form into twelve patties about one-half inch thick. Refrigerate until ready to grill.

Prepare the grill.

Brush the patties on both sides with oil and then grill for 8 to 10 minutes until fully cooked (165 degrees), turning once. During the last minute, place a cheese slice on each patty to melt and toast the buns, cut side down, over direct heat.

Build each slider on a bun with a thin layer of pesto, a bell pepper strip and a patty.

Serve immediately.

Per Serving (excluding unknown items): 527 Calories; 36g Fat (61.0% calories from fat); 45g Protein; 6g Carbohydrate; 1g Dietary Fiber; 163mg Cholesterol; 746mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat.

Grilled, Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	527	Vitamin B6 (mg):	.4mg
% Calories from Fat:	61.0%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	4.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	34.3%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	36g	Folacin (mcg):	60mcg
Saturated Fat (g):	21g	Niacin (mg):	6mg

Monounsaturated Fat (g): 11g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 163mg
Carbohydrate (g): 6g
Dietary Fiber (g): 1g
Protein (g): 45g
Sodium (mg): 746mg
Potassium (mg): 371mg
Calcium (mg): 761mg
Iron (mg): 2mg
Zinc (mg): 4mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 4086IU
Vitamin A (r.e.): 637RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 6 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 527 **Calories from Fat:** 321

% Daily Values*

Total Fat	36g	55%
Saturated Fat	21g	103%
Cholesterol	163mg	54%
Sodium	746mg	31%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	5%
Protein	45g	
Vitamin A		82%
Vitamin C		16%
Calcium		76%
Iron		10%

* Percent Daily Values are based on a 2000 calorie diet.