

Dill Brie Burgers



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 12 oz [340.8 g] Ground Chicken
- 2 oz [56.7 g] Brie Cheese (*Chopped*)
- 2 tsp [2 g] Dill (*Dried*)
- 1 dash [0.4 g] Salt (*To taste*)
- 0.5 tbsp [6.4 g] Clarified Butter Ghee
- 1 avocado [136 g] Avocado (*Sliced*)
- 1 medium [148 g] Tomatoes (Roma) (*Sliced thin*)
- 0.25 onion (small) [37 g] Red Onions (*Sliced thin*)
- 1 tbsp [15 g] Tahini

DIRECTIONS

1. In a large bowl combine ground chicken, brie cheese, dill, and salt. Mix until well combined.
2. form 4 circular patties with the ground chicken mixture.
3. Heat ghee in a large skillet over medium heat. Add the chicken patties to the skillet. Cook for approximately 5 minutes per side, until internal temperature reaches above 165 degrees F (74 degrees C).
4. Serve chicken patties in a lettuce wrap topped with avocado, red tomato, red onion, and tahini.

NUTRITION INFO

Calories : 544.63

Fat : 38.64 g

Carbs : 10.25 g

Protein : 39.43 g

Fiber : 5.66 g