

# Recipe

## BBQ Chicken Breast Burger

1 Serving

### Ingredients

130 g	chicken breast, boneless, skinless (raw weight)
3 medium	mushroom, raw, sliced
1 medium slice	onion, raw
1 tsp	canola oil
1 tsp	steak sauce or bbq sauce
1	bun, whole-wheat

### Directions

1. Choose a chicken breast that is thin or slice chicken breast lengthwise and butterfly the breast.
2. Grill the chicken breast on lightly oiled grill until internal temperature of chicken breast reaches 165F.
3. In a tsp of canola oil pan-fry mushrooms and onions until onions are translucent.
4. When chicken breast has finished cooking, baste with barbecue sauce.
5. Top bun with cooked chicken and mushroom and onions.

### NUTRITION FACTS - PER 1 SERVING

CALORIES (kCal)	448
FAT (g)	14.59
SATURATED FAT (g)	1.747
TRANS FAT (g)	0.252
CHOLESTEROL (mg)	75
SODIUM (mg)	517
CARBOHYDRATE (g)	39.96
FIBRE (g)	3.9
PROTEIN (g)	38.4
VITAMIN A (µg)	10
VITAMIN C (mg)	4.6
CALCIUM (mg)	63
IRON (mg)	2.54