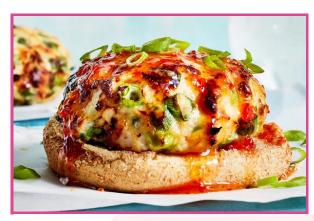






## Air-Fryer Asian Chicken Burgers



1/2 of recipe (1 patty): 192 calories, 1.5g total fat (<0.5g sat. fat), 412mg sodium, 13g carbs, 0.5g fiber, 8.5g sugars, 26g protein

Click for WW Points® value\*

**Prep:** 5 minutes **Cook:** 15 minutes



More: Lunch & Dinner Recipes, 30 Minutes or Less, 5 Ingredients or Less, Gluten-Free

## **Ingredients**

8 oz. raw extra-lean ground chicken (at least 98% lean)
1/4 cup canned sliced water chestnuts, drained and chopped
1/4 cup chopped scallions, or more for topping
2 tbsp. sweet chili sauce, or more for topping
1/4 tsp. garlic powder
1/4 tsp. onion powder
Dash salt
Serving suggestions: whole-wheat bun, lettuce bun, cabbage bun

## **Directions**

Combine all ingredients in a medium-large bowl. Mix thoroughly. Evenly form into 2 patties, each about 1/2-inch thick.

Spray air fryer basket with nonstick spray. Add patties in a single layer. Set temperature to 392 degrees (or the nearest degree on your air fryer). Cook for 12 minutes, or until cooked through.

## **MAKES 2 SERVINGS**

**Oven Alternative:** Bake at 400 degrees until golden brown, 14 - 16 minutes, carefully flipping halfway through.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our <u>editorial</u> and <u>advertising</u> policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? Click here.

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. <u>Click here</u> for more information.

Publish Date: February 3, 2020 Author: Hungry Girl Copyright © 2025 Hungry Girl. All Rights Reserved.