



# Dysphagia-Friendly Buffalo Chicken Burger



## INGREDIENTS

	1 SERVINGS	6 SERVINGS	12 SERVINGS
<b>BUN</b>			
<b>THICK &amp; EASY® Texture Modified Bread &amp; Dessert Mix</b> Item: 118519	2 Tbsp	3/4 cup	1 1/2 cups
Vegetable oil	1/2 Tbsp	3 Tbsp	6 Tbsp
Water, hot	3 Tbsp	1 cup + 2 Tbsp	2 1/4 cup
<b>SLIDER</b>			
<b>THICK &amp; EASY® 100% Natural Minced Chicken, thawed*</b> Item: 114402	1/2 cup	1 13.1oz bag	2 13.1oz bags
Buffalo sauce	2 Tbsp	3/4 cup	1 1/2 cups
<b>THICK &amp; EASY® Instant Food &amp; Beverage Thickener**</b> Item: 21929	1 tsp	2 Tbsp	1/4 cup
Blue cheese or feta cheese crumbles finely minced, optional (make sure particulates meet IDDSI Level 5 size requirement)	1-2 tsp	1/4 cup	1/2 cup

\*If frozen, microwave for 2-3 minutes to thaw.

\*\*Adjust thickener as needed to achieve proper consistency for IDDSI Level 5.



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IDDSI LEVELS   



## DIRECTIONS

1. Add buffalo sauce to thawed Thick & Easy® IDDSI Level 5 Ready Chicken and stir.
2. Add THICK & EASY® Instant Food & Beverage Thickener and stir until combined.
3. If desired, stir in finely minced blue cheese or Feta crumbles.
4. Add vegetable oil to bread mix and stir until mixture resembles wet sand.
5. Add hot water to bread mixture and stir briskly until blended.
6. Portion #40 scoops of bread mixture onto a pan lined with wax paper or parchment sprayed with non-stick spray.
7. Cover with plastic wrap and allow to rest at room temperature for at least 30 minutes.

## TO SERVE

- Using a clean gloved hand, flatten and shape each bread scoop into 2-3-inch diameter circles.
- Place one bread circle on a serving plate.
- Top with about 2 oz (one #12 scoop) thickened meat mixture and flatten with a spatula.
- Add additional buffalo sauce, if desired.
- Place another bread circle on top of meat patty.

**Note:** Before serving, always test for Level 5 using IDDSI guidelines. Add additional sauce if meat mixture is too dry or crumbly; or add a small amount of Thick & Easy® Instant Food & Beverage Thickener if too wet or thin.

## NUTRITION

**Serving Size:**  
1/2 cup buffalo chicken mixture,  
1 serving pureed bread mix

**Calories:** 240

**Total Fat:** 13g

**Saturated Fat:** 2.5g

**Trans Fat:** 0g

**Cholesterol:** 65mg

**Sodium:** 550mg

**Total Carbs:** 15g

**Dietary Fiber:** 0g

**Total Sugars:** 3g

**Added Sugars:** 0g

**Protein:** 16g

**Vitamin D:** 0% DV

**Calcium:** 15% DV

**Iron:** .4mg (2% DV)

**Potassium:** 8% DV

\*Sweet Baby Rays Buffalo Wing Sauce used for nutritional analysis