



Dysphagia-Friendly Buffalo Chicken Burger



INGREDIENTS

	1 Serving	6 Servings	12 Servings
BUN			
THICK & EASY® Texture Modified Bread & Dessert Mix 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
SLIDER			
THICK & EASY® 100% Natural Minced* Chicken, thawed** Item: 114402	1/2 cup	1 13.1oz bag	2 13.1oz bags
Buffalo sauce	2 Tbsp	3/4 cup	1 1/2 cups
THICK & EASY® Instant Food & Beverage Thickener*** 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

*Minimally processed. No artificial ingredients.

**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

1. Using a clean gloved hand, flatten and shape each bread scoop into 2–3-inch diameter circles.
2. Place one bread circle on a serving plate.
3. Top with about 2 oz (one #12 scoop) thickened meat mixture and flatten with a spatula.
4. Add additional buffalo sauce, if desired.
5. 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