



Cheesy Bacon Burger with Spicy Chipotle Aiolo Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons chipotles in adobo chopped
- 3 Tablespoons mayonnaise fat free
- 1 clove garlic grated pressed
- 0.3 teaspoons garlic powder
- 3 Tablespoons greek yogurt
- 1 cup bell pepper green sliced into strips
- 0.5 teaspoons ground cumin
- 0.3 teaspoons pepper black

- 1.5 pounds ground beef lean
- 4 teaspoons juice of lime fresh
- 0.5 cups onion sliced into strips
- 2 swiss cheese whole sliced in half
- 4 slices at least of turkey bacon cooked
- 4 hamburger buns whole wheat

Equipment

- bowl
- frying pan
- grill
- kitchen scale

Directions

- For Burgers: In a pan cook turkey bacon according to directions on package. Once bacon is done being cooked, take the bacon out and set aside.
- Add bell pepper and onion into same pan, cook until tender about 10 minutes.
- Add ground beef to a small bowl, add garlic powder and ground pepper, mix well. Divide the raw meat into 8 equal pieces (I used my scale to measure into 2oz each piece). Flatten out the hamburger, and place 1/2 a cheese wedge onto each piece of hamburger. Take the other pieces of the hamburger and place on top of the cheese, and squish them together and seal the edges so the cheese doesn't ooze out.
- Place on grill and cook until done. About 5 minutes per side.
- Place burger on buns, top the burgers with bacon, peppers & onions and sauce. For Spicy Chipotle Aiolo Sauce: In a small bowl place all the ingredients together and whisk together until combined. Makes 3/4 cups or 12 Tablespoons

Nutrition Facts


PROTEIN 41.67% **FAT 34.83%** **CARBS 23.5%**

Properties

Glycemic Index:34, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:29.008695652174%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Taste

Sweetness: 45.21%, Saltiness: 100%, Sourness: 15.98%, Bitterness: 24.88%, Savoriness: 57.52%, Fattiness: 57.75%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 475.31kcal (23.77%), Fat: 18.22g (28.03%), Saturated Fat: 7.27g (45.46%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 24.43g (8.88%), Sugar: 6.27g (6.97%), Cholesterol: 128.59mg (42.86%), Sodium: 743.51mg (32.33%), Protein: 49.05g (98.11%), Selenium: 51.5µg (73.57%), Vitamin B12: 4.2µg (70.01%), Zinc: 10.11mg (67.37%), Vitamin B3: 12.11mg (60.54%), Phosphorus: 538.03mg (53.8%), Vitamin B6: 0.89mg (44.47%), Vitamin C: 33.18mg (40.22%), Iron: 6.59mg (36.6%), Vitamin B2: 0.52mg (30.85%), Manganese: 0.59mg (29.42%), Potassium: 854.49mg (24.41%), Vitamin B1: 0.33mg (21.71%), Magnesium: 73.12mg (18.28%), Folate: 69.45µg (17.36%), Calcium: 161.5mg (16.15%), Copper: 0.3mg (14.9%), Vitamin B5: 1.46mg (14.62%), Fiber: 3.24g (12.97%), Vitamin K: 8.71µg (8.3%), Vitamin E: 0.87mg (5.82%), Vitamin A: 215.78IU (4.32%), Vitamin D: 0.23µg (1.51%)