



 **7%**
HEALTH SCORE

Chicken-Chorizo Burgers with Avocado Mayonnaise

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 avocado ripe peeled seeded
- 0.5 pound chorizo sausage cut spanish (such as Usinger's)
- 5 6-inch corn tortillas ()
- 5 6-inch corn tortillas ()
- 0.3 cup mayonnaise fat-free
- 0.3 cup cilantro leaves fresh
- 1 jalapeno seeded chopped
- 2 tablespoons juice of lime fresh

- 2 ounce onion rolls toasted
- 0.3 teaspoon salt
- 1.5 pounds chicken breast boneless skinless coarsely chopped
- 2 inch tomatoes

Equipment

- food processor
- grill
- broiler
- broiler pan

Directions

- Prepare grill or broiler.
- To prepare mayonnaise, combine first 5 ingredients in a food processor; pulse 10 times or until combined. Cover and chill mayonnaise mixture.
- To prepare burgers, remove casings from sausage.
- Place sausage, salt, tortillas, chicken, and jalapeo in food processor; process 30 seconds or until mixture is coarsely ground. Divide mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty.
- Place patties on a grill rack or broiler pan coated with cooking spray; cook 7 minutes on each side or until done.
- Cut rolls in half horizontally; spread 1 1/2 tablespoons mayonnaise mixture over top half of each roll.
- Place tomato slices on bottom halves of rolls; top each with 1 patty and top half of each roll.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:6.41, Inflammation Score:-4, Nutrition Score:12.889999983103%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 262.87kcal (13.14%), Fat: 9.23g (14.2%), Saturated Fat: 3.24g (20.26%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 17.74g (6.45%), Sugar: 1.87g (2.08%), Cholesterol: 75.3mg (25.1%), Sodium: 302.33mg (13.14%), Alcohol: 0g (0%), Protein: 23.51g (47.01%), Vitamin B3: 9.83mg (49.13%), Selenium: 29.29µg (41.85%), Vitamin B6: 0.75mg (37.52%), Phosphorus: 289.04mg (28.9%), Vitamin B5: 1.44mg (14.35%), Fiber: 3.33g (13.34%), Vitamin C: 10.84mg (13.14%), Potassium: 453.63mg (12.96%), Magnesium: 50.11mg (12.53%), Vitamin B2: 0.14mg (8.53%), Vitamin B1: 0.12mg (7.79%), Iron: 1.38mg (7.66%), Manganese: 0.14mg (7.2%), Vitamin K: 7.13µg (6.79%), Zinc: 1.01mg (6.76%), Folate: 23.54µg (5.89%), Copper: 0.1mg (5.11%), Vitamin A: 247.13IU (4.94%), Calcium: 46.64mg (4.66%), Vitamin E: 0.6mg (4.02%), Vitamin B12: 0.17µg (2.83%)