



Chicken-Chorizo Burgers with Avocado Mayonnaise

READY IN



45 min.

SERVINGS



8

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado ripe peeled seeded
- ☐ 0.5 pound chorizo sausage spanish (such as Usinger's)
- ☐ 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 breasts boneless skinless coarsely chopped
- ☐ 2 inch tomatoes

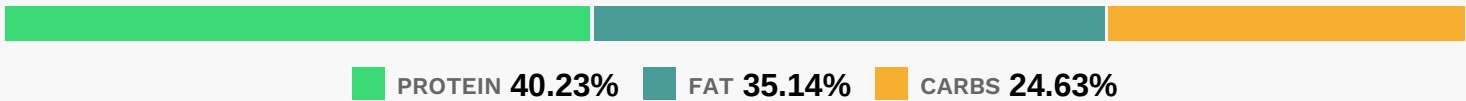
Equipment

- ☐ 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:24.06, Glycemic Load:3.26, Inflammation Score:-4, Nutrition Score:11.696087041627%

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: 227.44kcal (11.37%), Fat: 8.77g (13.48%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 11.52g (4.19%), Sugar: 1.73g (1.92%), Cholesterol: 75.3mg (25.1%), Sodium: 295.02mg (12.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.58g (45.16%), Vitamin B3: 9.58mg (47.91%), Selenium: 28.3µg (40.43%), Vitamin B6: 0.71mg (35.74%), Phosphorus: 238.01mg (23.8%), Vitamin B5: 1.42mg (14.18%), Vitamin C: 10.84mg (13.14%), Potassium: 423.4mg (12.1%), Magnesium: 38.41mg (9.6%), Fiber: 2.31g (9.24%), Vitamin B2: 0.13mg (7.91%), Vitamin K: 7.13µg (6.79%), Vitamin B1: 0.1mg (6.77%), Iron: 1.18mg (6.55%), Folate: 22.73µg (5.68%), Zinc: 0.8mg (5.34%), Vitamin A: 246.81IU (4.94%), Manganese: 0.09mg (4.56%), Copper: 0.08mg (3.86%), Vitamin E: 0.56mg (3.72%), Calcium: 33.48mg (3.35%), Vitamin B12: 0.17µg (2.83%)