



Chipotle Barbecue Burgers with Slaw

READY IN



45 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons barbecue sauce
- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 tablespoon chipotle sauce canned chopped
- ☐ 2 cups cabbage-and-carrot coleslaw
- ☐ 1 teaspoon cider vinegar
- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 large eggs
- ☐ 6 ounce hamburger buns

- ☐ 1 pound ground beef lean
- ☐ 1 tablespoon mayonnaise reduced-fat
- ☐ 1 tablespoon cup heavy whipping cream sour reduced-fat
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon sugar

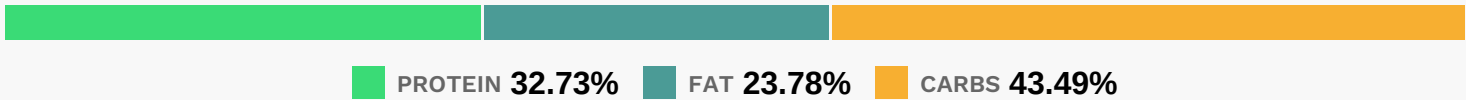
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Combine first 6 ingredients. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook for 4 minutes on each side or until a meat thermometer registers 16
- ☐ Combine coleslaw and next 6 ingredients (through pepper) in a large bowl; toss well.
- ☐ Place 1 patty on bottom half of each bun; top each serving with 1/2 cup coleslaw mixture and top half of bun.

Nutrition Facts



Properties

Glycemic Index:70.23, Glycemic Load:15.59, Inflammation Score:-10, Nutrition Score:26.408695677052%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 407.53kcal (20.38%), Fat: 10.55g (16.23%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 43.44g (14.48%), Net Carbohydrates: 39.77g (14.46%), Sugar: 11.31g (12.57%), Cholesterol: 118.42mg (39.47%), Sodium: 640.21mg (27.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.36%), Vitamin A: 10792.3IU (215.85%), Selenium: 39.09µg (55.84%), Vitamin B3: 9.61mg (48.03%), Vitamin B12: 2.8µg (46.6%), Zinc: 6.64mg (44.28%), Phosphorus: 343.42mg (34.34%), Vitamin B6: 0.62mg (31.01%), Vitamin B1: 0.46mg (30.75%), Iron: 5.4mg (30.02%), Vitamin B2: 0.47mg (27.51%), Manganese: 0.51mg (25.45%), Potassium: 727.28mg (20.78%), Folate: 78.82µg (19.7%), Fiber: 3.66g (14.64%), Calcium: 134.28mg (13.43%), Vitamin K: 13.93µg (13.27%), Magnesium: 51.7mg (12.93%), Vitamin B5: 1.19mg (11.94%), Copper: 0.22mg (10.91%), Vitamin E: 1.15mg (7.69%), Vitamin C: 4.8mg (5.82%), Vitamin D: 0.37µg (2.46%)