



## Chipotle Sliders

READY IN



30 min.

SERVINGS



10

CALORIES



438 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 ounces hawaiian rolls sweet divided
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 8 teaspoons chipotles in adobo divided minced
- 1.5 pounds ground beef
- 10 slices pepper jack cheese
- 0.5 cup mayonnaise

## Equipment

- food processor
- bowl
- grill
- kitchen thermometer

## Directions

- Place 2 rolls in a food processor; process until crumbly.
- Transfer to a large bowl; add the salt, pepper and 6 teaspoons chipotle peppers. Crumble beef over mixture and mix well. Shape into 10 patties.
- Grill burgers, covered, over medium heat for 3–4 minutes on each side or until a thermometer reads 160° and juices run clear. Top with cheese. Grill 1 minute longer or until cheese is melted.
- Split remaining rolls and grill, cut side down, over medium heat for 30–60 seconds or until toasted.
- Combine mayonnaise and remaining 2 teaspoons chipotle peppers; spread over roll bottoms. Top each with a burger. Replace roll tops.

## Nutrition Facts



**PROTEIN 18.9%** **FAT 63.65%** **CARBS 17.45%**

## Properties

Glycemic Index:10.9, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:8.976956486702%

## Nutrients (% of daily need)

Calories: 438.41kcal (21.92%), Fat: 30.76g (47.32%), Saturated Fat: 11.74g (73.4%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 18.54g (6.74%), Sugar: 5.24g (5.83%), Cholesterol: 83.61mg (27.87%), Sodium: 577.37mg (25.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.55g (41.1%), Vitamin B12: 1.64µg (27.4%), Zinc: 3.49mg (23.28%), Phosphorus: 203.25mg (20.33%), Selenium: 13.51µg (19.31%), Vitamin K: 20.17µg (19.21%), Calcium: 170.39mg (17.04%), Vitamin B3: 2.9mg (14.48%), Vitamin B6: 0.24mg (11.88%), Vitamin B2: 0.18mg (10.88%), Iron: 1.6mg (8.9%), Potassium: 204.33mg (5.84%), Vitamin E: 0.7mg (4.68%), Magnesium: 17.53mg (4.38%), Vitamin B5: 0.41mg (4.06%), Vitamin A: 169.52IU (3.39%), Copper: 0.05mg (2.59%), Folate: 9.12µg (2.28%), Vitamin B1: 0.03mg (2.24%), Fiber: 0.43g (1.7%), Vitamin D: 0.22µg (1.44%), Manganese: 0.02mg (1.16%)