



Gourmet Chipotle Burgers

READY IN



25 min.

SERVINGS



25

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 chipotle pepper in adobo sauce plus 2 tbsp. adobo sauce canned
- 0.3 cup chipotle aioli kraft
- 4 big chipotle cheese kraft
- 2 Tbsp cilantro leaves fresh chopped
- 2 cloves garlic minced
- 4 hamburger buns
- 1 lb ground beef lean
- 4 lettuce leaves
- 1 tomatoes cut into 4 slices

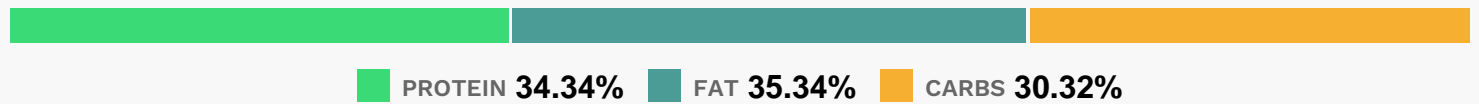
Equipment

grill

Directions

- Heat grill to medium heat.
- Chop pepper finely; mix with meat, cilantro, garlic and adobo sauce just until blended.
- Shape into 4 (1/2-inch-thick) patties.
- Grill 5 to 6 min. on each side or until done (160F). Top with cheese; grill 1 min. or until melted.
- Spread aioli onto bottom halves of buns; cover with lettuce, tomatoes, cheeseburgers and tops of buns.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:2.13, Inflammation Score:-3, Nutrition Score:3.1365217488745%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 57.09kcal (2.85%), Fat: 2.15g (3.3%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.92g (1.42%), Sugar: 0.67g (0.75%), Cholesterol: 12.16mg (4.05%), Sodium: 76.15mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Selenium: 5.13µg (7.33%), Vitamin B12: 0.42µg (7.03%), Zinc: 1mg (6.66%), Vitamin B3: 1.33mg (6.66%), Vitamin A: 329.24IU (6.58%), Phosphorus: 46.3mg (4.63%), Vitamin B6: 0.09mg (4.32%), Iron: 0.72mg (4.01%), Vitamin B1: 0.05mg (3.4%), Vitamin B2: 0.06mg (3.26%), Manganese: 0.06mg (3.06%), Potassium: 91.61mg (2.62%), Folate: 9.64µg (2.41%), Vitamin C: 1.54mg (1.87%), Magnesium: 6.74mg (1.68%), Calcium: 15.05mg (1.51%), Copper: 0.03mg (1.26%), Vitamin B5: 0.12mg (1.23%)