



Mini Cheeseburgers with Chipotle Mayo

READY IN



20 min.

SERVINGS



20

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp chipotle peppers in adobo sauce canned chopped
- 7.5 oz mexican chorizo
- 1 lb ground beef
- 12 oz hawaiian rolls sweet
- 6 singles cut in half kraft
- 0.5 cup real mayo mayonnaise kraft

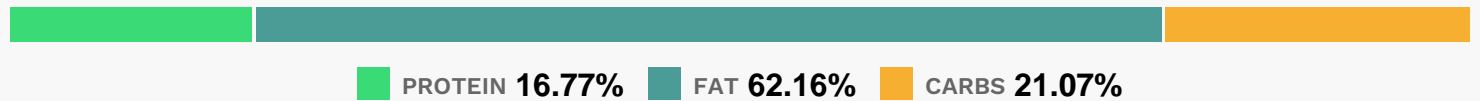
Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Mix ground beef and chorizo; shape into 12 (3-inch) patties.
- Grill 4 min. on each side or until done (160F), topping with Singles for the last minute. Meanwhile, mix mayo and peppers.
- Fill rolls with burgers and mayo mixture.

Nutrition Facts



Properties

Glycemic Index:3.9, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.516956501033%

Nutrients (% of daily need)

Calories: 182.1kcal (9.1%), Fat: 12.4g (19.07%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 9.23g (3.36%), Sugar: 2.61g (2.9%), Cholesterol: 31.1mg (10.37%), Sodium: 105.81mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.05%), Vitamin K: 9.54µg (9.08%), Vitamin B12: 0.49µg (8.2%), Zinc: 0.96mg (6.43%), Selenium: 3.53µg (5.04%), Vitamin B3: 0.96mg (4.79%), Phosphorus: 39.78mg (3.98%), Iron: 0.71mg (3.95%), Vitamin B6: 0.07mg (3.69%), Vitamin B2: 0.04mg (2.09%), Vitamin E: 0.28mg (1.84%), Potassium: 63.06mg (1.8%), Vitamin B5: 0.12mg (1.23%)