



Santa Fe Quick Burger

 Vegetarian  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 tsp chipotle peppers in adobo sauce canned finely chopped
- 1 romaine leaves
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 1 Tbsp taco bellâ® & chunky salsa thick
- 1 sandwich rolls whole wheat thin
- 1 veggie patty

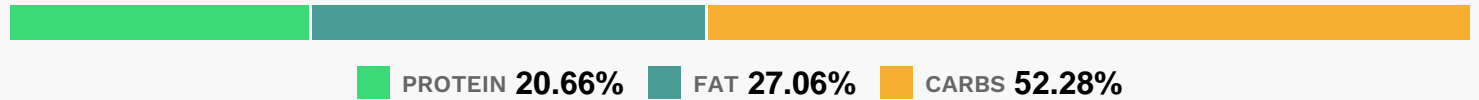
Equipment

- microwave

Directions

- Microwave burger as directed on package.
- Mix mayo and peppers until blended; spread onto 1 bun half.
- Top with burger, salsa and lettuce.
- Cover with remaining bun half.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:2.11, Inflammation Score:-9, Nutrition Score:23.117826130079%

Nutrients (% of daily need)

Calories: 333.88kcal (16.69%), Fat: 10g (15.39%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 38.05g (13.84%), Sugar: 3.27g (3.63%), Cholesterol: 5.74mg (1.91%), Sodium: 948.97mg (41.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.18g (34.37%), Vitamin B1: 2.16mg (143.93%), Selenium: 38.78µg (55.4%), Manganese: 1.02mg (51.06%), Folate: 151.35µg (37.84%), Vitamin A: 1884.42IU (37.69%), Vitamin B3: 5.34mg (26.7%), Vitamin B12: 1.41µg (23.45%), Vitamin B2: 0.39mg (23.06%), Fiber: 5.43g (21.72%), Iron: 3.9mg (21.65%), Phosphorus: 216.02mg (21.6%), Calcium: 163.87mg (16.39%), Magnesium: 60.69mg (15.17%), Vitamin B6: 0.29mg (14.4%), Copper: 0.25mg (12.36%), Potassium: 392mg (11.2%), Vitamin K: 11.56µg (11.01%), Zinc: 1.51mg (10.08%), Vitamin C: 7.81mg (9.47%), Vitamin E: 1mg (6.66%), Vitamin B5: 0.48mg (4.8%)