



Sliders with Chipotle Mayonnaise

READY IN



20 min.

SERVINGS



8

CALORIES



490 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon chiles in adobo sauce
- 2 chipotles in adobo sauce
- 8 servings burger buns mini
- 1 slices cheese your choice
- 8 servings chipotle mayonnaise
- 1 pounds ground beef
- 0.5 juice of lime
- 1 cup mayonnaise
- 8 servings toppings: such as pickles

- 1 slices onion red
- 8 servings salt and pepper black freshly ground

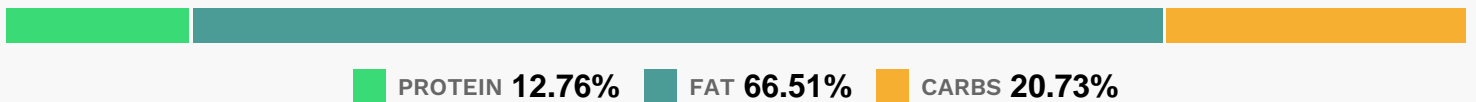
Equipment

- food processor
- grill

Directions

- Watch how to make this recipe.
- Add all the ingredients to a food processor and puree. Season, to taste, with salt and pepper.
- Preheat grill over medium-high heat.
- Form the meat into 2 to 3-ounce portions, packed tightly. Season with salt and pepper.
- Place the sliders on the grill. Wait until they are nice and crusty on the first side, about 4 to 5 minutes and then flip and cook another 4 minutes. When the sliders are about done, top with desired cheese and close the grill, allowing the cheese to melt.
- Place the slider on mini burger buns and top with chipotle mayonnaise and any other desired toppings.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:13.03, Inflammation Score:-4, Nutrition Score:14.132608584736%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 489.77kcal (24.49%), Fat: 35.95g (55.31%), Saturated Fat: 8.79g (54.96%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 23.03g (8.38%), Sugar: 4.95g (5.5%), Cholesterol: 55.52mg (18.51%), Sodium: 1363.24mg (59.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.52g (31.03%), Vitamin K: 60.08µg (57.22%), Selenium: 21.92µg (31.31%), Vitamin B12: 1.37µg (22.83%), Vitamin B3: 4.28mg (21.42%), Vitamin B1: 0.29mg (19.63%), Zinc: 2.94mg (19.58%), Phosphorus: 167.11mg (16.71%), Iron: 2.97mg (16.48%), Vitamin B2: 0.27mg (15.94%), Manganese: 0.29mg (14.58%), Calcium: 138.09mg (13.81%), Folate: 52.46µg (13.12%), Vitamin B6: 0.24mg (12%), Vitamin E: 1.44mg (9.58%), Fiber: 2.18g (8.71%), Potassium: 296.93mg (8.48%), Magnesium: 26.32mg (6.58%), Copper: 0.11mg (5.4%), Vitamin B5: 0.39mg (3.86%), Vitamin A: 179.28IU (3.59%), Vitamin C: 2.75mg (3.33%)