

CALIENTE TURKEY BURGERS WITH CHIPOTLE MAYO

Caliente Turkey Burgers with Chipotle Mayo

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 11 (Serving= one burger, bun, and 1/2 Tablespoon mayo)

Nutrition (per serving)

Calories: 251	Total Carbohydrate: 25
Total Fat: 8.5 g	Dietary Fiber: 7.5 g
Saturated Fat: 2.5 g	Protein: 25 g
Sodium: 512 mg	

Ingredients

Burgers

- 16 ounces mild Italian lean ground turkey sausage
- 19 ounces extra lean ground turkey breast
- 2 small tomatoes, chopped
- ½ large jalapeno, finely diced
- 1 medium yellow bell pepper, finely chopped

Chipotle Mayonnaise

- 1 chipotle pepper, finely diced

- 1 cup light shredded Mexican cheese
- 1 Tablespoon garlic powder
- 1 Tablespoon onion powder
- 11 whole wheat hamburger buns (choose gluten free buns for GF version)

- 1 teaspoon adobo sauce (choose gluten free for GF version)
- 1/3 cup light mayonnaise

Directions

1. Combine all burger ingredients except bun together in a large bowl. Form into patties.
2. Place on grill preheated to medium-high heat. Cook for 5-7 minutes on each side or until internal temperature of 165 degrees is reached.
3. Mix all mayonnaise ingredients in a small bowl.