

# 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 Fat: 8.5 g

Saturated Fat: 2.5 g

Sodium: 512 mg

Total Carbohydrate: 25 g

Dietary Fiber: 7.5 g

Protein: 25 g



## 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 teaspoon adobo sauce (choose gluten free for GF version)

- 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)
- 1/3 cup light mayonnaise



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## 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.