



## HG's Hot Stuff Sriracha Bacon Burger



Entire recipe: 329 calories, 9.5g total fat (3g sat. fat), 775mg sodium, 28g carbs, 5.5g fiber, 5.5g sugars, 33g protein

**Prep:** 10 minutes    **Cook:** 15 minutes

More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

2 tsp. sriracha hot chili sauce  
1 tsp. light mayonnaise  
One 100-calorie flat sandwich bun (like Arnold/Brownberry/Oroweat Sandwich Thins)  
1 small lettuce leaf  
1 large slice tomato  
1 thin slice red onion, rings intact  
1 slice center-cut bacon or turkey bacon  
4 oz. raw extra-lean ground beef (4% fat or less)  
1 tbsp. (about 1 large) egg whites  
1/4 tsp. onion powder  
1/4 tsp. garlic powder  
1/8 tsp. cayenne pepper  
Dash black pepper  
6 slices jalapeño pepper  
Optional: dill pickle chips

### Directions

In a small bowl, mix sriracha sauce, mayo, and 1/2 tsp. water.

Top the bottom half of the bun with lettuce, tomato, onion, and (optional) pickle chips. Spread sriracha-mayo onto the top half of the bun.

Cook bacon until crispy, either in a grill pan/skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

In a medium bowl, thoroughly mix beef, egg whites, and seasonings. Evenly form into a patty about 4 inches wide.

Bring a grill pan (or skillet) sprayed with nonstick spray to medium-high heat. Cook patty for 3 - 4 minutes per side, or until cooked to your preference.

Place patty over the bottom bun half. Break bacon in half, and place over the patty. Top with jalapeños. Finish with the top half of the bun.

#### MAKES 1 SERVING

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