



Adobo Quesadilla Burger with Grilled Corn Salsa

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chiles in adobo sauce
- 0.8 cup black beans
- 0.5 teaspoon pepper black
- 2 tablespoons chicken stock see
- 0.5 cup cilantro leaves chopped
- 6 servings cilantro leaves for garnish
- 2 tablespoons cilantro leaves chopped

- 1 ear corn on the cob
- 3 garlic cloves pressed
- 2 pounds ground beef
- 1 tablespoon ground cumin
- 1 teaspoon ground cumin
- 1 Dash hot sauce
- 0.5 cup onion grated
- 2 tablespoons pineapple juice
- 6 slices queso fresco cheese
- 0.3 cup onion diced red
- 6 servings salt and pepper black freshly ground
- 2 teaspoons lawry's seasoned salt
- 6 large tortillas
- 3 tablespoons vegetable oil for brushing on the grill pan
- 6 servings toothpicks
- 6 servings toothpicks

Equipment

- bowl
- frying pan
- plastic wrap
- toothpicks
- grill
- aluminum foil
- grill pan
- cutting board

Directions

- Watch how to make this recipe.

- Preheat grill pan on medium-high.
- To make the patties, combine the chuck, beans, cilantro, onion, garlic, adobo, cumin and seasoned salt and pepper in a large bowl.
- Mix to combine, handling as little as possible. Shape into 6 patties. Loosely cover with plastic wrap and set aside.
- To prepare the corn topping, brush grill pan with 1 tablespoon oil. Grill 1 ear of corn on grill pan until golden and has grill marks.
- Transfer to cutting board and allow to cool a bit. In a medium bowl, combine red onion, cilantro, chicken stock, pineapple juice, cumin, hot sauce and salt and pepper.
- Cut corn off of cob and toss with mixture.
- Transfer mixture to a sheet of foil and wrap to keep warm.
- Brush grill pan with 1 tablespoon additional oil.
- Place the patties on the pan and cook, turning once, until done to preference, 5 to 7 minutes on each side for medium.
- Remove burgers from pan and place on platter.
- On each flour tortilla, layer burger, queso fresco and an equal amount of corn topping. Fold in sides of tortilla and roll like a burrito, securing with toothpicks.
- Brush grill again with oil.
- Place each tortilla wrapped burger on grill and grill until tortilla is golden brown and crispy.
- Cut in half diagonally.
- Garnish with cilantro leaves.
- Serve immediately.

Nutrition Facts



PROTEIN 20.77% **FAT 61.07%** **CARBS 18.16%**

Properties

Glycemic Index:60.67, Glycemic Load:6.55, Inflammation Score:-5, Nutrition Score:21.514347916064%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 617.2kcal (30.86%), Fat: 41.65g (64.08%), Saturated Fat: 13.95g (87.17%), Carbohydrates: 27.87g (9.29%), Net Carbohydrates: 23.94g (8.71%), Sugar: 3.68g (4.09%), Cholesterol: 108.19mg (36.06%), Sodium: 2148.12mg (93.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.88g (63.75%), Vitamin B12: 3.25µg (54.21%), Zinc: 6.97mg (46.47%), Selenium: 30.62µg (43.74%), Vitamin B3: 8.32mg (41.62%), Phosphorus: 367.95mg (36.79%), Iron: 5.79mg (32.14%), Vitamin B6: 0.6mg (29.76%), Manganese: 0.45mg (22.33%), Vitamin K: 23.4µg (22.29%), Vitamin B1: 0.32mg (21.4%), Folate: 83.87µg (20.97%), Vitamin B2: 0.35mg (20.74%), Potassium: 657.76mg (18.79%), Magnesium: 63.46mg (15.87%), Fiber: 3.93g (15.73%), Calcium: 113.4mg (11.34%), Copper: 0.22mg (10.81%), Vitamin B5: 1.02mg (10.2%), Vitamin E: 1.45mg (9.64%), Vitamin C: 4.36mg (5.29%), Vitamin A: 175.61IU (3.51%), Vitamin D: 0.18µg (1.19%)