



Backyard Big South-of-the-Border Burgers

READY IN



45 min.

SERVINGS



6

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 round buttery crackers crushed
- 4 oz chiles green drained chopped canned
- 4.5 teaspoons chili powder
- 1 tablespoon ground cumin
- 0.5 pound sausage meat
- 2 pounds ground beef lean
- 1 leaves garnish: lettuce tomato sliced
- 0.5 teaspoon smoke-flavored cooking sauce
- 0.5 teaspoon pepper

- 6 slices pepper jack cheese
- 0.3 cup picante sauce
- 0.5 teaspoon salt
- 6 sesame seed hamburger buns split

Equipment

- bowl
- grill

Directions

- In a large bowl, combine first 8 ingredients. Crumble beef and sausage over mixture and mix well. Form into 6 patties. Grill, covered, over medium heat for 5 to 7 minutes on each side, or until no longer pink. Top with cheese. Grill until cheese is melted. Grill buns, cut-side down, for one to 2 minutes, or until toasted.
- Serve burgers on buns, garnished as desired.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:12.8, Inflammation Score:-7, Nutrition Score:27.398695696955%

Nutrients (% of daily need)

Calories: 565.1kcal (28.26%), Fat: 27.58g (42.43%), Saturated Fat: 11.48g (71.78%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 26.15g (9.51%), Sugar: 4.31g (4.79%), Cholesterol: 139.65mg (46.55%), Sodium: 1101.07mg (47.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.52g (97.04%), Vitamin B12: 3.97µg (66.12%), Zinc: 9.65mg (64.31%), Vitamin B3: 12.64mg (63.18%), Selenium: 41.71µg (59.59%), Phosphorus: 518.28mg (51.83%), Vitamin B6: 0.83mg (41.67%), Iron: 7.13mg (39.63%), Vitamin B2: 0.54mg (31.79%), Vitamin B1: 0.44mg (29.49%), Calcium: 269.08mg (26.91%), Potassium: 791.97mg (22.63%), Manganese: 0.38mg (18.99%), Folate: 67.2µg (16.8%), Magnesium: 63.72mg (15.93%), Vitamin A: 725.83IU (14.52%), Vitamin B5: 1.34mg (13.44%), Copper: 0.23mg (11.75%), Vitamin E: 1.61mg (10.76%), Vitamin C: 7.6mg (9.21%), Fiber: 2.09g (8.36%), Vitamin K: 8.55µg (8.14%), Vitamin D: 0.77µg (5.12%)