

Baja Betty Burger

READY IN



40 min.

SERVINGS



4

CALORIES



1045 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings cayenne pepper
- 6 ounces chorizo fresh
- 1 bunch cilantro leaves fresh roughly chopped
- 1.5 pounds ground beef
- 4 hamburger buns
- 4 slices jalapeno jack cheese
- 1 jalapeño minced
- 2 juice of lime juiced
- 4 servings kosher salt and pepper black freshly ground

- 4 bib lettuce leaves
- 6 ounces mayonnaise
- 0.5 onion red minced
- 8 ounces roma tomato diced

Equipment

- bowl
- grill

Directions

- Preheat the grill to medium-high heat.
- Mix together the beef and chorizo, sprinkling with salt and pepper. Form 4 patties, each around 6 ounces.
- Blend the jalapeno with the mayonnaise to make a jalapeno aioli.
- Transfer to a bowl and set aside.
- Make a pico de gallo by combining the tomatoes, red onion, cilantro, lime juice, salt, pepper and cayenne to taste.
- Grill the burgers until well done, around 5 minutes per side. Top each with a slice of pepper jack cheese. Grill the buns.
- Build the burgers by spreading a layer of jalapeno aioli on the bottom bun, followed by a slice of lettuce, the burger, some pico de gallo and finally the top bun with more aioli.

Nutrition Facts



PROTEIN 17.66% **FAT 71.18%** **CARBS 11.16%**

Properties

Glycemic Index:83, Glycemic Load:14.16, Inflammation Score:-10, Nutrition Score:34.225217456403%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 1045.33kcal (52.27%), Fat: 82.07g (126.27%), Saturated Fat: 27.26g (170.36%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 26.23g (9.54%), Sugar: 6.45g (7.17%), Cholesterol: 193.55mg (64.52%), Sodium: 776.89mg (33.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.81g (91.62%), Vitamin K: 88.38µg (84.17%), Vitamin A: 3720.15IU (74.4%), Vitamin B12: 4.01µg (66.83%), Selenium: 42.69µg (60.98%), Zinc: 8.57mg (57.15%), Vitamin B3: 9.73mg (48.63%), Phosphorus: 479.98mg (48%), Vitamin C: 32.1mg (38.91%), Vitamin B6: 0.76mg (38.03%), Iron: 6.15mg (34.17%), Calcium: 338.13mg (33.81%), Vitamin B2: 0.56mg (33.04%), Vitamin B1: 0.38mg (25.3%), Manganese: 0.48mg (24.13%), Potassium: 822.18mg (23.49%), Vitamin E: 3.47mg (23.12%), Folate: 85.55µg (21.39%), Magnesium: 62.98mg (15.74%), Copper: 0.23mg (11.27%), Vitamin B5: 1.1mg (10.95%), Fiber: 2.71g (10.85%), Vitamin D: 0.42µg (2.82%)