



BBQ Burgers "Jibarito Style"

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp original barbecue sauce kraft
- 0.3 cup knudsen cream sour
- 1 clove garlic minced
- 0.3 cup 1/3 cup kraft zesty italian dressing italian divided kraft
- 1.5 lb ground beef lean
- 1.5 cups lettuce shredded
- 0.3 cup onions chopped
- 3 large plantains green

- 1 cup sharp cheddar cheese shredded kraft
- 1 tomatoes cut into 6 slices

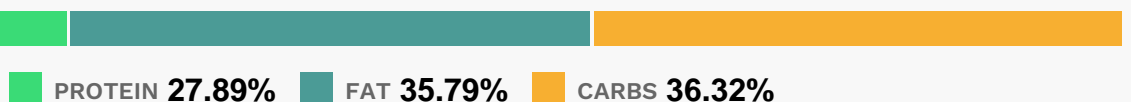
Equipment

- frying pan
- slotted spoon
- cutting board

Directions

- Mix sour cream and garlic; cover. Refrigerate until ready to use. Meanwhile, mix meat, onions and barbecue sauce. Shape into six 1/2-inch-thick ovals, about 6-in long; set aside.
- Cook plantains in 1 Tbsp. of the dressing in large skillet on medium heat 3 to 5 min.
- Add 1 Tbsp. dressing to skillet. Turn plantains over; cover. Cook an additional 3 to 4 min. or until tender and lightly brown on both sides. Use slotted spoon to transfer plantains to a working surface; flatten, one by one, with a small cutting board to 1/4-inch thickness. Working in batches, heat 1 Tbsp. of dressing in skillet, return 3 to 4 flattened plantains to skillet; cook 1 min. on each side or until golden brown on both sides.
- Remove from skillet; keep warm. Repeat with remaining plantains, using more dressing if needed.
- Meanwhile, heat 1 Tbsp. of the dressing in large skillet on medium heat. Cook patties in batches 3 to 5 min. on each side or until cooked through (165F).
- Remove burgers from skillet. Cover to keep warm.
- Place 1 of the plantain halves, cut-side up, on each of six serving plates; spread with sour cream mixture. Top each with 1 of the burgers, 1/4 cup shredded lettuce, 1 tomato slice , about 2 Tbsp. of the shredded cheese and second plantain half.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.6647826154595%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 59.23kcal (2.96%), Fat: 2.33g (3.59%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.97g (1.81%), Sugar: 0.94g (1.04%), Cholesterol: 12.89mg (4.3%), Sodium: 52.66mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.17%), Vitamin B12: 0.37µg (6.15%), Zinc: 0.9mg (6.01%), Selenium: 3.47µg (4.95%), Phosphorus: 48.34mg (4.83%), Vitamin B3: 0.93mg (4.63%), Vitamin B6: 0.08mg (3.84%), Vitamin C: 2.97mg (3.59%), Potassium: 122.45mg (3.5%), Vitamin B2: 0.05mg (3.06%), Iron: 0.48mg (2.69%), Magnesium: 9.83mg (2.46%), Calcium: 22.58mg (2.26%), Vitamin B5: 0.18mg (1.84%), Vitamin K: 1.92µg (1.83%), Copper: 0.03mg (1.51%), Folate: 6.02µg (1.5%), Vitamin B1: 0.02mg (1.48%), Vitamin A: 72.93IU (1.46%), Fiber: 0.35g (1.39%), Manganese: 0.02mg (1.24%)