



 **52%**
HEALTH SCORE

Beef and Chicken Fajita Burgers: Have One of Each

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1023 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoons chili powder
- 8 crusty rolls split
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon grill seasoning (recommended: Montreal Steak Seasoning by McCormick)
- 1.3 pounds ground chicken
- 1 tablespoons ground chipotle chili powder (smoky flavor)
- 1.5 teaspoons ground cumin

- 1.3 pounds ground sirloin
- 1 drops several hot sauce
- 1 tablespoon olive oil extra-virgin
- 4 servings olive oil extra-virgin for drizzling
- 1 medium skinned onion yellow thinly sliced lengthwise
- 2 bell peppers green red seeded thinly sliced lengthwise
- 2 cups chipotle-tomato salsa green
- 1 serrano seeded chopped
- 2 tablespoons picked thyme leaves fresh
- 2 tablespoons worcestershire sauce

Equipment

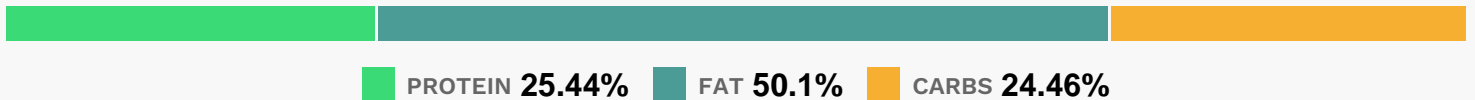
- frying pan
- grill
- tongs
- grill pan

Directions

- Heat a grill pan or large skillet over medium high heat.
- Combine sirloin, Worcestershire, spices, thyme, hot sauce and grill seasoning. Mark meat into 4 sections and make 4 patties, 1-inch thick. Using the reserved 1/4 onion piece, grate half of it on the burgers.
- Drizzle extra-virgin olive oil on the patties. Cook patties 4 minutes on each side for medium or, until desired doneness.
- Combine chicken, chipotle powder, cilantro, hot sauce and grill seasoning. Score and divide meat into 4 sections and form big patties, 1-inch thick. Using the rest of the 1/4 reserved onion piece, grate the other half of it on the burgers.
- Drizzle patties with extra-virgin olive oil and cook 6 minutes on each side or until meat is firm and cooked through.
- Heat a medium skillet over high heat.

- Add extra-virgin olive oil and peppers and onions. Stir-fry the veggies tossing them with tongs to sear them at edges.
- Add the jalapeno or serrano pepper. Toss and turn the mixture about 3 minutes, then add salsa of choice and toss a minute longer.
- Place burgers on each bun bottom and top with 1/4 of the pepper and onion mixture and bun top.
- Serve Bacon and Bean Smash on the side.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:50.377391390179%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 4.46mg, Luteolin: 4.46mg, Luteolin: 4.46mg, Luteolin: 4.46mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 1023.14kcal (51.16%), Fat: 57.39g (88.29%), Saturated Fat: 15.83g (98.92%), Carbohydrates: 63.03g (21.01%), Net Carbohydrates: 54.28g (19.74%), Sugar: 9.15g (10.16%), Cholesterol: 232.84mg (77.61%), Sodium: 1724.93mg (75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.56g (131.12%), Vitamin B3: 21.67mg (108.36%), Selenium: 65.6µg (93.71%), Vitamin B6: 1.85mg (92.68%), Vitamin C: 63.65mg (77.15%), Zinc: 10.48mg (69.86%), Phosphorus: 688.69mg (68.87%), Vitamin B12: 4.13µg (68.79%), Vitamin B2: 0.99mg (58.26%), Potassium: 2010.82mg (57.45%), Iron: 10.25mg (56.96%), Vitamin B1: 0.8mg (53.12%), Manganese: 1mg (50.06%), Vitamin E: 7.26mg (48.39%), Vitamin A: 2291.18IU (45.82%), Vitamin K: 38.91µg (37.06%), Fiber: 8.75g (35%), Vitamin B5: 3.29mg (32.87%), Folate: 130.05µg (32.51%), Magnesium: 122.61mg (30.65%), Copper: 0.54mg (27.18%), Calcium: 212.85mg (21.28%), Vitamin D: 0.15µg (1.01%)