



Beef and Chorizo Burgers with Roasted Chile Mayonnaise

READY IN



40 min.

SERVINGS



4

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup salad dressing
- 1 clove garlic finely chopped
- 2 teaspoons juice of lime
- 1 tablespoon cilantro leaves fresh chopped
- 1 small poblano pepper
- 1 lb ground beef 80% lean (at least)
- 0.5 lb chorizo sausage cut italian crumbled
- 0.8 teaspoon salt

- 0.3 teaspoon pepper
- 4 oz monterrey jack cheese
- 4 hawaiian rolls split
- 1 medium tomatoes coarsely chopped

Equipment

- bowl
- plastic wrap
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill. In small bowl, mix mayonnaise, garlic, lime juice and cilantro. Cover; refrigerate.
- Remove stem, seeds and membranes from chile; cut chile lengthwise into quarters.
- Place skin side down on grill. Cover grill; cook over medium heat about 10 minutes or until skin is blackened and blistered. Immediately place chile in bowl. Cover tightly with plastic wrap; cool 5 minutes. Peel off blackened skin; rinse with water. Set aside.
- In large bowl, mix beef, chorizo, salt and pepper. Shape mixture into 4 patties, 1/2 inch thick.
- Place patties on grill over medium heat. Cover grill; cook 11 to 13 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F. During last 2 minutes of cooking, top each patty with cheese and place buns, cut sides down, on grill. Cook until cheese is melted and buns are toasted.
- Remove burgers and buns from grill; cover to keep warm.
- Finely chop roasted chile; stir into mayonnaise mixture.
- Spread 1 tablespoon mixture on cut sides of buns.
- Place burgers on bottom halves of buns; top with tomato. Cover with top halves of buns.

Nutrition Facts

  
 PROTEIN **22.63%**  FAT **61.1%**  CARBS **16.27%**

Properties

Glycemic Index:57.75, Glycemic Load:13.38, Inflammation Score:-7, Nutrition Score:21.405652051387%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 651.74kcal (32.59%), Fat: 43.58g (67.05%), Saturated Fat: 19.5g (121.89%), Carbohydrates: 26.1g (8.7%), Net Carbohydrates: 24.59g (8.94%), Sugar: 6.16g (6.85%), Cholesterol: 145.74mg (48.58%), Sodium: 1043.28mg (45.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.32g (72.65%), Selenium: 33.23µg (47.47%), Vitamin B12: 2.75µg (45.8%), Zinc: 6mg (40.03%), Vitamin C: 31mg (37.58%), Phosphorus: 363.5mg (36.35%), Vitamin B3: 6.92mg (34.6%), Calcium: 314.68mg (31.47%), Iron: 4.71mg (26.19%), Vitamin B6: 0.5mg (25.1%), Vitamin B2: 0.42mg (24.63%), Vitamin B1: 0.31mg (20.91%), Manganese: 0.34mg (17.25%), Vitamin A: 842.78IU (16.86%), Vitamin K: 17.38µg (16.55%), Folate: 60.28µg (15.07%), Potassium: 507.39mg (14.5%), Magnesium: 43.43mg (10.86%), Copper: 0.16mg (8.17%), Vitamin E: 1.22mg (8.14%), Vitamin B5: 0.68mg (6.84%), Fiber: 1.52g (6.07%), Vitamin D: 0.28µg (1.89%)