



## Beef Burgers with Peanut-Chipotle Barbecue Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



855 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons ancho chile powder pure
- ☐ 1 chipotle in adobo canned minced
- ☐ 2 tablespoons creamy peanut butter
- ☐ 1.5 tablespoons dijon mustard
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 garlic minced
- ☐ 1.5 pounds ground beef chuck
- ☐ 4 hamburger buns split

- ☐ 2 tablespoons honey
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 onion finely chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 scallion finely chopped
- ☐ 3 ounces cheddar shredded
- ☐ 1 slices lettuce and tomato for serving
- ☐ 1 cup tomato purée
- ☐ 1 tablespoon vegetable oil plus more for brushing
- ☐ 0.5 cup water
- ☐ 1 tablespoon worcestershire sauce

## Equipment

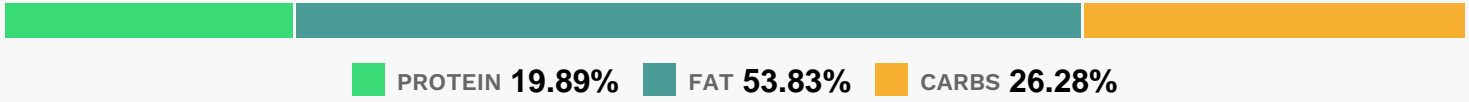
- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ grill pan

## Directions

- ☐ In a medium saucepan, heat the 1 tablespoon of oil.
- ☐ Add the onion and ginger and cook over moderate heat, stirring occasionally, until softened, about 5 minutes.
- ☐ Add the garlic and cook for 1 minute, stirring.
- ☐ Add the tomato puree, ketchup, vinegar, Worcestershire sauce, mustard, honey, molasses, ancho chile powder, chipotle and water. Bring to a simmer and cook over low heat, stirring occasionally, until thickened, about 30 minutes.
- ☐ Transfer the sauce to a blender.

- ☐ Add the peanut butter and puree until smooth. Season the barbecue sauce with salt and pepper.
- ☐ Light a grill or preheat a grill pan.
- ☐ Brush the cut sides of the buns with oil and grill until toasted, about 30 seconds.
- ☐ Spread some of the barbecue sauce on the buns.
- ☐ Form the meat into four 1-inch-thick patties and brush with oil. Season with salt and pepper and grill over high heat, turning once, until nearly cooked through, about 5 minutes.
- ☐ Brush the burgers with some of the sauce and grill until lightly glazed, about 2 minutes. Top with the cheddar and scallion, close the grill and cook just until the cheese is completely melted, about 1 minute. Set the burgers on the buns, top with lettuce and tomato and serve right away.

## Nutrition Facts



## Properties

Glycemic Index:93.32, Glycemic Load:21.93, Inflammation Score:-9, Nutrition Score:35.965652403624%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

## Nutrients (% of daily need)

Calories: 855.01kcal (42.75%), Fat: 51.7g (79.54%), Saturated Fat: 19.03g (118.93%), Carbohydrates: 56.81g (18.94%), Net Carbohydrates: 50.93g (18.52%), Sugar: 27.57g (30.63%), Cholesterol: 142.03mg (47.34%), Sodium: 1004mg (43.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.98g (85.95%), Selenium: 49.48µg (70.69%), Vitamin B12: 3.95µg (65.86%), Zinc: 9.11mg (60.76%), Vitamin B3: 12.12mg (60.59%), Phosphorus: 509.47mg (50.95%), Vitamin B6: 0.98mg (49.23%), Vitamin A: 2459.36IU (49.19%), Iron: 8.28mg (46.02%), Manganese: 0.86mg (43.12%), Vitamin E: 5.76mg (38.4%), Vitamin B2: 0.64mg (37.48%), Potassium: 1279.2mg (36.55%), Calcium: 322.38mg (32.24%), Magnesium: 117.13mg (29.28%), Copper: 0.55mg (27.28%), Vitamin K: 27.72µg (26.4%), Vitamin B1: 0.39mg (26.29%), Fiber: 5.88g (23.52%), Folate: 82.76µg (20.69%), Vitamin C: 12.66mg (15.35%), Vitamin B5: 1.53mg (15.34%), Vitamin D: 0.3µg (1.98%)