



## BOCA Burgers with Salsa Fresca

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

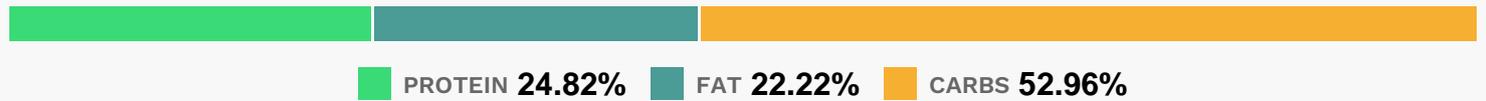
- 1 Tbsp cilantro leaves fresh chopped
- 0.3 tsp ground cumin
- 4 hamburger buns
- 1 Tbsp onions chopped
- 1 tsp jalapeño peppers finely chopped
- 1 tomatoes chopped
- 10 oz veggie patty frozen
- 2 Tbsp pasilla peppers yellow chopped

# Equipment

## Directions

- Combine first 6 ingredients. Refrigerate until ready to use.
- Cook burgers as directed on package.
- Fill buns with cheeseburgers and tomato mixture.

## Nutrition Facts



## Properties

Glycemic Index:10.3, Glycemic Load:3.08, Inflammation Score:-2, Nutrition Score:4.3639130488686%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg 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: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 50.78kcal (2.54%), Fat: 1.25g (1.92%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 5.75g (2.09%), Sugar: 0.97g (1.07%), Cholesterol: 0.71mg (0.24%), Sodium: 123.54mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin B1: 0.43mg (28.36%), Manganese: 0.19mg (9.61%), Selenium: 5.55µg (7.93%), Folate: 26.95µg (6.74%), Vitamin B12: 0.3µg (5.04%), Vitamin B3: 0.94mg (4.69%), Vitamin C: 3.49mg (4.23%), Phosphorus: 39.91mg (3.99%), Fiber: 0.95g (3.79%), Iron: 0.68mg (3.76%), Vitamin B2: 0.06mg (3.64%), Calcium: 32.76mg (3.28%), Vitamin B6: 0.06mg (2.8%), Magnesium: 10.87mg (2.72%), Potassium: 75.89mg (2.17%), Copper: 0.04mg (2.15%), Zinc: 0.26mg (1.71%), Vitamin K: 1.58µg (1.5%), Vitamin A: 57.97IU (1.16%)