

Bronco Burger

 Popular

READY IN



25 min.

SERVINGS



8

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup corn chips crushed fritos®
- ☐ 1 eggs
- ☐ 1 teaspoon garlic salt
- ☐ 4 pounds ground beef
- ☐ 5 jalapeño peppers fresh
- ☐ 1 pinch oregano dried
- ☐ 1 teaspoon pepper sauce hot
- ☐ 8 slices pepper jack cheese

- ☐ 8 large potato hamburger buns
- ☐ 8 servings salt and pepper to taste
- ☐ 0.3 cup steak sauce
- ☐ 0.3 cup onion white minced
- ☐ 1 tablespoon worcestershire sauce

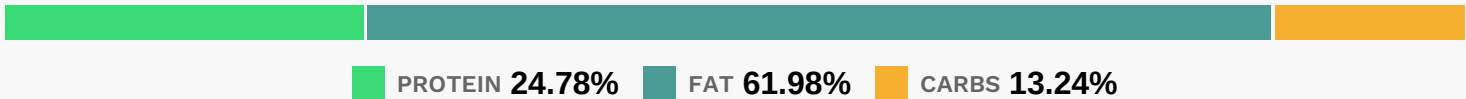
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Preheat a grill for high heat. When the grill is hot, roast the jalapeno peppers until blackened on all sides.
- ☐ Place in a plastic bag to sweat and loosen the blackened skin. Rub the skin off, then seed if desired, and chop.
- ☐ In a large bowl, use your hands to mix together the chopped jalapenos, ground beef, salt, pepper, egg, steak sauce, onion, hot pepper sauce, oregano, Worcestershire sauce, garlic salt and Fritos®. Divide into 8 balls, and flatten into patties.
- ☐ Grill patties for 10 to 15 minutes, turning once, or until well done. I always drink one beer, then flip, drink another beer, then remove from the grill and place on buns. Top each one with a slice of pepperjack cheese and pig out!

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:13.12, Inflammation Score:-5, Nutrition Score:28.040869578071%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg,

Kaempferol: 0.03mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 810.32kcal (40.52%), Fat: 54.9g (84.46%), Saturated Fat: 22.08g (137.98%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 25.05g (9.11%), Sugar: 4.78g (5.31%), Cholesterol: 200.18mg (66.73%), Sodium: 1159.79mg (50.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.38g (98.76%), Vitamin B12: 5.16µg (86.04%), Selenium: 50.79µg (72.56%), Zinc: 10.58mg (70.55%), Vitamin B3: 11.63mg (58.16%), Phosphorus: 518.74mg (51.87%), Vitamin B6: 0.84mg (42.07%), Iron: 6.41mg (35.62%), Vitamin B2: 0.59mg (34.54%), Calcium: 272.69mg (27.27%), Vitamin B1: 0.35mg (23.18%), Potassium: 763.36mg (21.81%), Folate: 67.01µg (16.75%), Manganese: 0.31mg (15.31%), Vitamin C: 12.46mg (15.1%), Magnesium: 60.17mg (15.04%), Vitamin B5: 1.32mg (13.17%), Vitamin E: 1.76mg (11.74%), Copper: 0.22mg (11.17%), Vitamin K: 8.77µg (8.36%), Vitamin A: 310.5IU (6.21%), Fiber: 1.33g (5.33%), Vitamin D: 0.46µg (3.09%)