



Burger with Chorizo, Avocado and Plantain Chips

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado sliced
- ☐ 4 servings coleslaw
- ☐ 2 garlic cloves finely chopped
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground paprika
- ☐ 4 hamburger buns

- ☐ 4 servings catsup
- ☐ 4 servings plantain chips
- ☐ 1 slices onion red
- ☐ 4 servings salt and pepper black
- ☐ 2 scallions finely chopped
- ☐ 1 slices tomatoes
- ☐ 0.5 cup onion white chopped

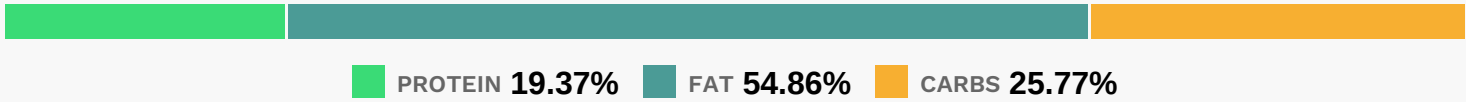
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In a large plastic bowl add the ground beef, garlic, scallions, onion, cumin, paprika, salt and pepper.
- ☐ Mix well and refrigerate for about 1 hour, then form 4 patties.
- ☐ Heat a grill or sauté pan and cook the hamburgers for 5 minutes on each side until done.
- ☐ Remove to a plate and cover with aluminum foil. Allow the hamburgers to rest for 5 minutes.To serve, place coleslaw, one tomato slice, one onion slice on a bun, and top with a patty, avocado slices, chorizo and plantain chips.
- ☐ Serve with ketchup on the side.

Nutrition Facts



Properties

Glycemic Index:96.08, Glycemic Load:14.22, Inflammation Score:-6, Nutrition Score:21.129130228706%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg 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: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 522.46kcal (26.12%), Fat: 32.04g (49.29%), Saturated Fat: 10.2g (63.77%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 28.88g (10.5%), Sugar: 8.04g (8.93%), Cholesterol: 80.51mg (26.84%), Sodium: 629.83mg (27.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.46g (50.92%), Selenium: 29.41µg (42.01%), Vitamin B12: 2.51µg (41.88%), Vitamin B3: 7.84mg (39.19%), Zinc: 5.52mg (36.78%), Vitamin B6: 0.61mg (30.44%), Vitamin K: 29.05µg (27.67%), Phosphorus: 268.25mg (26.82%), Folate: 100.51µg (25.13%), Iron: 4.4mg (24.43%), Vitamin B2: 0.4mg (23.7%), Vitamin B1: 0.34mg (22.7%), Manganese: 0.42mg (21.14%), Potassium: 730.74mg (20.88%), Fiber: 4.99g (19.97%), Vitamin B5: 1.33mg (13.33%), Vitamin C: 10.91mg (13.22%), Vitamin E: 1.96mg (13.08%), Magnesium: 51.8mg (12.95%), Copper: 0.25mg (12.53%), Calcium: 106.95mg (10.7%), Vitamin A: 333.12IU (6.66%)