



Burgers with Red Onion Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons chili powder
- ☐ 1 pound ground round
- ☐ 6 hamburger buns split toasted
- ☐ 2 tablespoons juice of lime
- ☐ 1.5 cups onion red divided finely chopped
- ☐ 1.8 cups tomatoes chopped

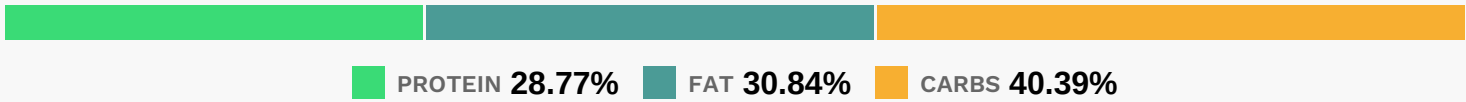
Equipment

☐ frying pan

Directions

- ☐ Combine ground round, 2 tablespoons onion, and 2 tablespoons chili powder; shape into 6 (1/2-inch-thick) patties.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add patties; cook 4 minutes on each side or until done.
- ☐ While burgers cook, combine remaining onion, tomato, 1 teaspoon chili powder, and lime juice.
- ☐ Place patties on bottom halves of buns; spoon salsa over patties, and cover with bun tops.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:14.15, Inflammation Score:-8, Nutrition Score:16.672173873238%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 286.56kcal (14.33%), Fat: 9.8g (15.08%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 25.84g (9.4%), Sugar: 6.27g (6.97%), Cholesterol: 49.14mg (16.38%), Sodium: 315.39mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.14%), Selenium: 25.06µg (35.8%), Vitamin B3: 6.29mg (31.46%), Vitamin B12: 1.76µg (29.28%), Zinc: 4.21mg (28.07%), Vitamin A: 1255.24IU (25.1%), Vitamin B6: 0.45mg (22.68%), Iron: 3.89mg (21.63%), Phosphorus: 214.26mg (21.43%), Vitamin B1: 0.31mg (20.56%), Manganese: 0.4mg (19.92%), Vitamin B2: 0.29mg (17.27%), Folate: 60.41µg (15.1%), Potassium: 520.88mg (14.88%), Vitamin C: 10.99mg (13.33%), Fiber: 3.04g (12.16%), Vitamin E: 1.76mg (11.71%), Magnesium: 38.66mg (9.67%), Calcium: 95.14mg (9.51%), Vitamin K: 9.46µg (9.01%), Copper: 0.17mg (8.69%), Vitamin B5: 0.57mg (5.7%)