



Casino El Camino - Amarillo Burger

READY IN



60 min.

SERVINGS



10

CALORIES



811 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 5 pounds ground angus beef
- ☐ 4 to 6 hamburger buns
- ☐ 1 cup mayonnaise
- ☐ 4 slices jalapeno pepper jack cheese
- ☐ 15 serrano peppers stemmed

Equipment

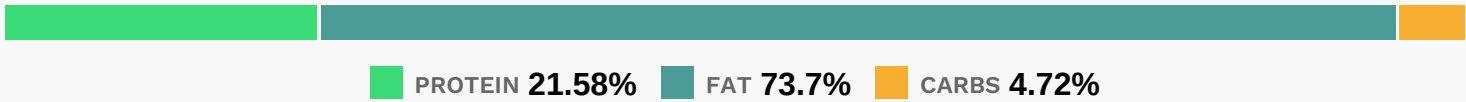
- ☐ oven

- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 500 degrees F.
- ☐ In foil lined baking pan, place serranos and spray lightly with oil.
- ☐ Heat for 30 to 45 minutes or until serranos are slightly browned. Allow to cool then chop and set aside.
- ☐ Form several 8 to 12-ounce patties with ground angus beef. Grill to taste or temperature.
- ☐ Combine cilantro and mayonnaise.
- ☐ When burgers are almost done, top with chopped roasted serranos then the cheese.
- ☐ Remove from grill when cheese is melted.
- ☐ Place burger on bottom bun and cilantro mayonnaise on top bun.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:5.23, Inflammation Score:-3, Nutrition Score:24.255652199621%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 810.67kcal (40.53%), Fat: 65.37g (100.58%), Saturated Fat: 21.78g (136.11%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 8.77g (3.19%), Sugar: 1.77g (1.97%), Cholesterol: 177.91mg (59.3%), Sodium: 430.65mg (18.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.06g (86.12%), Vitamin B12: 4.98µg (83.07%), Zinc: 9.92mg (66.11%), Selenium: 40.47µg (57.82%), Vitamin B3: 10.46mg (52.28%), Phosphorus: 421.5mg (42.15%), Vitamin K: 43.93µg (41.84%), Vitamin B6: 0.8mg (39.89%), Iron: 5.18mg (28.79%), Vitamin B2: 0.43mg (25.39%), Potassium: 674.15mg (19.26%), Vitamin B1: 0.2mg (13.3%), Calcium: 131.31mg (13.13%), Vitamin B5: 1.22mg (12.15%), Vitamin E:

1.8mg (12.03%), Magnesium: 47.09mg (11.77%), Folate: 36.99µg (9.25%), Copper: 0.18mg (8.83%), Manganese: 0.14mg (6.94%), Vitamin C: 4.37mg (5.3%), Vitamin A: 190.65IU (3.81%), Fiber: 0.65g (2.62%), Vitamin D: 0.32µg (2.15%)