



Cheeseburgers with Charred Green Chiles and Onions

READY IN



45 min.

SERVINGS



6

CALORIES



994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbecue sauce prepared
- ☐ 2.3 pounds beef chuck freshly ground
- ☐ 12 slices cheddar cheese room temperature thin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup mayonnaise
- ☐ 3.5 inch thick onion
- ☐ 3 poblano chiles
- ☐ 1 teaspoon salt

- ☐ 6 sesame-seed hamburger buns split
- ☐ 6 servings vegetable oil

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ metal skewers

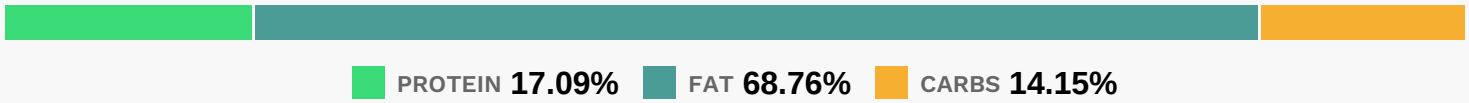
Directions

- ☐ Whisk mayonnaise and barbecue sauce in small bowl to blend. Cover and chill.
- ☐ Mix ground chuck with 1 teaspoon salt and 1/2 teaspoon pepper just to blend (do not overmix). Form mixture into six 1 1/2-inch-thick patties. Cover and let stand at room temperature 30 minutes.
- ☐ Prepare barbecue (medium-high heat). Run 1 metal skewer horizontally through center of each onion slice.
- ☐ Brush onion slices lightly with oil to coat. Rub chiles with oil.
- ☐ Transfer onions and chiles to barbecue. Grill onions until softened and browned, about 5 minutes per side.
- ☐ Remove skewers from onions. Chop onions; transfer to small bowl. Char chiles until blackened on all sides. Enclose chiles in paper bag 10 minutes. Peel, seed, and chop chiles.
- ☐ Mix into onions. Season onions and chiles to taste with salt and pepper.
- ☐ Sprinkle burgers with salt and pepper. Grill burgers until cooked to desired doneness, about 4 minutes per side for medium. Top each burger with 2 cheese slices during last minute of cooking.
- ☐ Place bottom halves of rolls on work surface. Divide chile-onion mixture among rolls.
- ☐ Place cheeseburgers atop chile-onion mixture.
- ☐ Spread 1 tablespoon mayonnaise-barbecue sauce over cheese, cover with bun tops, and serve, passing remaining sauce.

☐

Freshly ground meat really does make a juicy difference when it comes to burgers. Simply pick out a nice piece of chuck roast at the supermarket and ask the butcher to grind it for you.*Fresh chiles available at Latin American markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:13.23, Inflammation Score:-7, Nutrition Score:30.887826017711%

Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 993.94kcal (49.7%), Fat: 75.46g (116.1%), Saturated Fat: 24.3g (151.9%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 32.9g (11.96%), Sugar: 12.72g (14.13%), Cholesterol: 162.61mg (54.2%), Sodium: 1299.75mg (56.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.2g (84.4%), Vitamin B12: 4.11µg (68.46%), Selenium: 47.45µg (67.79%), Vitamin K: 67.2µg (64%), Vitamin C: 48.64mg (58.96%), Zinc: 8.82mg (58.8%), Phosphorus: 488.68mg (48.87%), Vitamin B3: 9.42mg (47.08%), Vitamin B6: 0.75mg (37.73%), Calcium: 348.83mg (34.88%), Vitamin B2: 0.56mg (33.07%), Iron: 5.23mg (29.06%), Vitamin B1: 0.36mg (23.73%), Vitamin E: 3.24mg (21.58%), Potassium: 704.9mg (20.14%), Manganese: 0.38mg (19.18%), Folate: 66.67µg (16.67%), Magnesium: 57.55mg (14.39%), Vitamin A: 627.72IU (12.55%), Vitamin B5: 1.13mg (11.29%), Copper: 0.22mg (11.22%), Fiber: 2.06g (8.23%), Vitamin D: 0.41µg (2.74%)