



## Chile Relleno Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



746 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon chili powder
- 1 large egg white lightly beaten
- 3 cloves garlic unpeeled
- 1.5 pounds ground beef chuck
- 0.5 teaspoon ground cumin
- 4 hamburger buns split
- 4 servings kosher salt
- 6 slices muenster cheese
- 1 small onion quartered

- 0.5 teaspoon oregano dried
- 2 large plum tomatoes cored halved
- 2 large poblano peppers halved lengthwise seeded

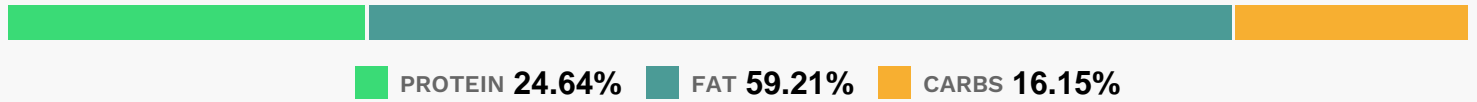
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil
- broiler
- broiler pan

## Directions

- Preheat the broiler.
- Put the poblanos cut-side down on a foil-lined broiler pan.
- Add the tomatoes, onion and garlic and broil until charred, 7 to 8 minutes. Cool slightly, then peel the garlic. Chop the garlic, onion and tomatoes; toss in a bowl with salt to taste. Peel the poblanos and cut each in half.
- Preheat the oven to 350 degrees F.
- Brush the bun tops with the egg white.
- Mix the oregano, cumin and chili powder, sprinkle on the bun tops and put the tops and bottoms on a baking sheet.
- Bake 5 minutes.
- Heat a large cast-iron skillet over medium-high heat. Shape the beef into four 3/4-inch-thick patties; make an indentation in the centers.
- Sprinkle the skillet with salt, then cook the burgers until browned on the bottom, about 4 minutes. Flip, then top each burger with some of the tomato mixture and cheese. Cover and cook 3 to 5 minutes.
- Serve on the spiced buns with the poblanos and the remaining tomato mixture.

## Nutrition Facts



### Properties

Glycemic Index:51, Glycemic Load:14.14, Inflammation Score:-8, Nutrition Score:31.972173794456%

### Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

### Nutrients (% of daily need)

Calories: 745.5kcal (37.28%), Fat: 48.65g (74.84%), Saturated Fat: 21.52g (134.47%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 26.77g (9.73%), Sugar: 7.24g (8.05%), Cholesterol: 161.09mg (53.7%), Sodium: 807.31mg (35.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.55g (91.1%), Vitamin C: 72.76mg (88.19%), Vitamin B12: 4.35µg (72.52%), Selenium: 45.43µg (64.9%), Zinc: 8.85mg (59.01%), Phosphorus: 544.71mg (54.47%), Vitamin B3: 9.71mg (48.53%), Vitamin B6: 0.87mg (43.34%), Calcium: 420.92mg (42.09%), Vitamin B2: 0.59mg (34.74%), Iron: 5.69mg (31.63%), Vitamin B1: 0.39mg (25.72%), Potassium: 845.53mg (24.16%), Manganese: 0.48mg (24.01%), Vitamin A: 1069.21IU (21.38%), Folate: 74.63µg (18.66%), Magnesium: 66.94mg (16.74%), Vitamin K: 16.63µg (15.84%), Copper: 0.26mg (12.9%), Fiber: 3.1g (12.42%), Vitamin B5: 1.1mg (10.98%), Vitamin E: 1.55mg (10.32%), Vitamin D: 0.42µg (2.81%)