



Chilli burger with roasted tomatoes & red onion relish

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g ground beef minced
- ☐ 1 to 5 chilies red deseeded finely chopped
- ☐ 2 tbsp cilantro leaves chopped
- ☐ 300 g cherry tomatoes
- ☐ 4 tbsp olive oil
- ☐ 1 juice of lime
- ☐ 2 tbsp pepper flakes sweet

- ☐ 1 small handful parsley
- ☐ 1 small onion wafer-thin red cut into slices
- ☐ 2 muffins english toasted

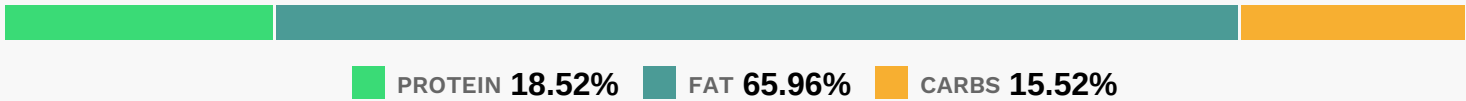
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/ gas
- ☐ Mix the beef with the chilli and some chopped coriander, then season well. Shape into four patties about 2.5cm thick. Chill until needed.
- ☐ Keeping the tomatoes on the vine, put them in a roasting tin.
- ☐ Drizzle over 1 tbsp of olive oil and season. Roast for 12-15 mins until just soft.
- ☐ Heat 1 tbsp of oil in a non-stick frying pan. Then cook burgers on each side for 4 mins for rare or 5 mins for medium. For the relish, mix 2 tbsp of olive oil, the lime juice and sweet chilli sauce, parsley, coriander leaves and red onion. To serve, place a burger on a muffin half, add a branch of tomatoes and top with red onion relish.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:10.45, Inflammation Score:-7, Nutrition Score:19.968260912792%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 542.52kcal (27.13%), Fat: 39.72g (61.11%), Saturated Fat: 11.63g (72.69%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 18.93g (6.88%), Sugar: 4.16g (4.63%), Cholesterol: 88.75mg (29.58%), Sodium: 228.11mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.09g (50.18%), Vitamin C: 49.74mg (60.29%), Vitamin B12: 2.69µg (44.77%), Zinc: 5.64mg (37.62%), Vitamin B3: 6.42mg (32.1%), Vitamin K: 32.58µg (31.03%), Vitamin B6: 0.61mg (30.36%), Selenium: 19.37µg (27.67%), Phosphorus: 274.17mg (27.42%), Vitamin E: 3.11mg (20.75%), Iron: 3.59mg (19.95%), Potassium: 654.36mg (18.7%), Vitamin B2: 0.27mg (15.96%), Manganese: 0.27mg (13.37%), Vitamin A: 647.29IU (12.95%), Vitamin B1: 0.16mg (10.76%), Magnesium: 42.2mg (10.55%), Copper: 0.21mg (10.41%), Folate: 40.98µg (10.24%), Vitamin B5: 0.94mg (9.37%), Fiber: 2.11g (8.45%), Calcium: 57.22mg (5.72%)