

Chipotle Burger

READY IN



35 min.

SERVINGS



4

CALORIES



955 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds ground beef
- 0.3 cup onion grated
- 2 chipotles in adobo minced canned (from a can of chipotles in adobo)
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- 1 teaspoon pepper black
- 6 hawaiian rolls
- 6 slices monterrey jack cheese
- 2 avocado sliced

- 4 servings hot sauce to taste (we use Tabasco brand)
- 0.3 cup cilantro leaves chopped for garnish
- 2 poblano pepper

Equipment

- bowl
- grill
- stove

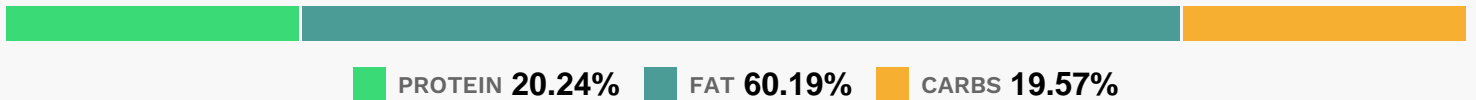
Directions

- Roast the (optional) poblano chiles: If including poblano chiles in your burger, you will need to roast them first. Coat the poblanos with a little oil and grill or broil them until they are blackened on all sides. Alternatively, you can take the plain, un-oiled peppers and place them directly on a gas stovetop burner, turning them as needed, until they are blackened on all sides.
- Place the blackened peppers in a covered bowl for 15 minutes or so to steam. Peel off the charred skin and remove all the seeds. Slice into thick ribbons and toss with a little vegetable oil and salt and set aside.
- Make the chipotle burger mix:
- Mix the ground beef, grated onion, minced chipotles, the adobo sauce, salt, cumin, and black pepper together in a large bowl.
- Mix gently, just until the ingredients are combined. Do not over-mix or the burgers will be tough.
- Form the burger patties: Form 4–6 patties from the burger mix, about 1/4 pound to 1/3 pound each. Press a shallow indent in the middle of the patties to keep the burgers from puffing up while grilling (read about why this works here).
- Prepare the grill: Prepare a gas or charcoal grill for medium–high heat grilling, or until you can hold your hand about an inch over the grates for 1 second.
- Grill the burgers:
- Lay the burgers on the grill and cook with the lid down for 6–7 minutes. Raise the lid, flip the burgers, and continue grilling with the lid down for another 6–7 minutes, depending on how hot your grill is and how well-done you prefer your burgers. Cook until the internal

temperature is 140°F for medium rare, or 160°F for well done.

- Add the cheese and grill the buns: When the burgers are almost ready, place a slice of jack cheese on each patty and close the grill lid. The cheese should melt in a little over a minute.
- If you want toasted burger buns with your burgers, toast them after you've flipped the burgers. Watch that the buns don't burn; when they are lightly toasted move them to a tray near the grill.
- Serve: When the burgers are ready, place them on the buns. Top with slices of avocado, then some of the roasted poblanos (if using), a little cilantro, and hot sauce

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:20.65, Inflammation Score:-8, Nutrition Score:39.760434834853%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 955.14kcal (47.76%), Fat: 64.29g (98.91%), Saturated Fat: 23.81g (148.83%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 36.92g (13.43%), Sugar: 8.09g (8.99%), Cholesterol: 158.15mg (52.72%), Sodium: 1279.59mg (55.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.64g (97.27%), Vitamin C: 60.19mg (72.95%), Selenium: 49.68µg (70.97%), Vitamin B12: 4.12µg (68.63%), Zinc: 9.62mg (64.15%), Vitamin B3: 12.02mg (60.09%), Phosphorus: 592.34mg (59.23%), Vitamin B6: 1.04mg (51.83%), Calcium: 466.03mg (46.6%), Vitamin B2: 0.76mg (44.87%), Folate: 170.95µg (42.74%), Fiber: 10.1g (40.4%), Iron: 7.19mg (39.93%), Vitamin B1: 0.54mg (36.11%), Vitamin K: 37.75µg (35.95%), Manganese: 0.7mg (34.92%), Potassium: 1205.78mg (34.45%), Vitamin B5: 2.43mg (24.28%), Magnesium: 94.57mg (23.64%), Vitamin E: 3.34mg (22.26%), Copper: 0.44mg (21.87%), Vitamin A: 790.37IU (15.81%), Vitamin D: 0.42µg (2.81%)