



Chipotle Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chipotles in adobo canned
- 1 lb ground beef
- 4 muffins english halved
- 0.5 cup onion finely chopped
- 1 teaspoon salt

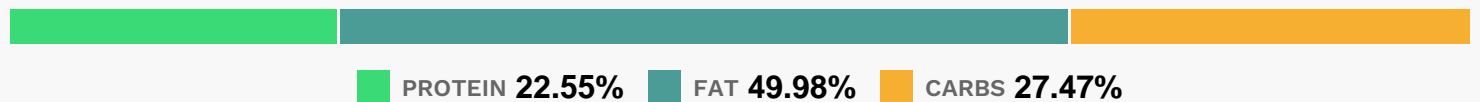
Equipment

- grill
- grill pan

Directions

- Prepare grill for cooking over medium-hot charcoal (moderate heat for gas); see "Grilling Procedure," below.
- Meanwhile, open any whole chipotles and discard seeds, then mince chipotles.
- Mix chipotles (with sauce), beef, onion, and salt with your hands, then form mixture into 4 (3/4-inch-thick) patties.
- Grill burgers on lightly oiled grill rack, covered only if using gas grill, turning over once, 4 minutes total for medium-rare. Grill English muffins, cut sides down, until grill marks appear, about 30 seconds.
- Serve burgers in English muffins.
- Grilling Procedure
- Hot: When you can hold your hand there for 1 to 2 seconds
- Medium-hot: 3 to 4 seconds
- Low: 5 to 6 seconds
- If using a gas grill, preheat burners on high, covered, 10 minutes, then, if necessary, reduce to heat specified in recipe.
- If you aren't able to grill outdoors, burgers can be cooked in a hot well-seasoned ridged grill pan over moderately high heat, turning over once, about 7 minutes total for medium-rare.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:18.92, Inflammation Score:-2, Nutrition Score:12.94478263625%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 434.98kcal (21.75%), Fat: 23.73g (36.5%), Saturated Fat: 8.86g (55.36%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 26.71g (9.71%), Sugar: 1.35g (1.5%), Cholesterol: 80.51mg (26.84%), Sodium: 922.7mg (40.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.08g (48.16%), Vitamin B12: 2.45µg (40.83%), Zinc: 5.17mg (34.5%), Vitamin B3: 5.71mg (28.55%), Phosphorus: 260.78mg (26.08%), Selenium: 17.11µg (24.44%), Vitamin B6: 0.41mg (20.74%), Iron: 2.93mg (16.3%), Vitamin B2: 0.26mg (15.35%), Manganese: 0.24mg (12.11%), Potassium: 410.16mg (11.72%), Vitamin B1: 0.16mg (10.74%), Fiber: 2.63g (10.52%), Vitamin B5: 0.85mg (8.48%), Magnesium: 33.26mg (8.32%), Folate: 32.83µg (8.21%), Copper: 0.15mg (7.55%), Calcium: 55.01mg (5.5%), Vitamin E: 0.47mg (3.13%), Vitamin K: 2.12µg (2.02%), Vitamin C: 1.54mg (1.86%)