



Chipotle Burgers with Avocado Salsa

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced pitted peeled
- ☐ 7 ounce chipotle peppers in adobo sauce canned
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 1 cup mushrooms fresh chopped
- ☐ 1 pound ground beef
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 jalapeño peppers seeded chopped
- ☐ 1 juice of lime juiced

- ☐ 1 onion diced
- ☐ 4 onion rolls split
- ☐ 1 tomatoes diced
- ☐ 1 tablespoon worcestershire sauce

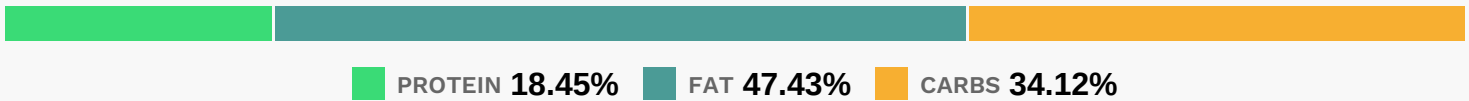
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Place half the chopped cilantro into a large bowl and mix with ground beef, chipotle peppers in adobo sauce, mushrooms, and Worcestershire sauce. Set remaining cilantro aside. Form the beef mixture into 4 patties.
- ☐ Lightly toss remaining cilantro in a bowl with avocado, onion, tomato, jalapeno peppers, lime juice, salt, and black pepper.
- ☐ Grill burgers on the preheated grill until browned and no longer pink inside, about 5 minutes per side.
- ☐ Serve the burgers on onion rolls topped with avocado salsa.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:1.52, Inflammation Score:-7, Nutrition Score:23.373913355496%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 618.21kcal (30.91%), Fat: 32.83g (50.51%), Saturated Fat: 9.81g (61.33%), Carbohydrates: 53.14g (17.71%), Net Carbohydrates: 41.73g (15.18%), Sugar: 10.35g (11.5%), Cholesterol: 80.51mg (26.84%), Sodium: 514.38mg (22.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.74g (57.48%), Fiber: 11.41g (45.65%), Vitamin B3: 8.94mg (44.71%), Vitamin B12: 2.44µg (40.61%), Iron: 6.67mg (37.06%), Zinc: 5.32mg (35.47%), Folate: 134.79µg (33.7%), Vitamin B2: 0.53mg (31.45%), Vitamin B6: 0.61mg (30.67%), Vitamin C: 23.42mg (28.39%), Selenium: 19.66µg (28.09%), Phosphorus: 247.83mg (24.78%), Potassium: 811.12mg (23.17%), Vitamin B1: 0.34mg (22.6%), Vitamin K: 22.88µg (21.79%), Vitamin B5: 1.73mg (17.32%), Copper: 0.29mg (14.47%), Vitamin E: 2mg (13.34%), Calcium: 112.78mg (11.28%), Magnesium: 45.04mg (11.26%), Vitamin A: 550.62IU (11.01%), Manganese: 0.19mg (9.7%), Vitamin D: 0.16µg (1.08%)