



8%
HEALTH SCORE

Coffee Burgers

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cheese blue crumbled
- 1 tablespoon chili powder
- 1 teaspoon dijon mustard
- 1 tablespoon espresso powder (not grounds)
- 0.3 cup spring onion chopped
- 1 lb ground beef
- 1 small jalapeno seeds removed thinly sliced
- 0.3 cup bell pepper diced green red finely (or ,)

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1 tablespoon worcestershire sauce

Equipment

Nutrition Facts

PROTEIN 26.19% **FAT 68.09%** **CARBS 5.72%**

Properties

Glycemic Index:46.75, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:16.252173913043%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 339.76kcal (16.99%), Fat: 25.52g (39.26%), Saturated Fat: 10.35g (64.69%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 3.42g (1.25%), Sugar: 1.7g (1.89%), Cholesterol: 86.84mg (28.95%), Sodium: 277.12mg (12.05%), Caffeine: 39.25mg (13.08%), Protein: 22.08g (44.16%), Vitamin B12: 2.53µg (42.16%), Vitamin C: 29.74mg (36.05%), Zinc: 5.15mg (34.31%), Vitamin B3: 5.76mg (28.8%), Selenium: 19.32µg (27.59%), Vitamin A: 1344.81IU (26.9%), Vitamin B6: 0.5mg (24.8%), Phosphorus: 233.57mg (23.36%), Vitamin K: 18.94µg (18.04%), Iron: 3.05mg (16.96%), Vitamin B2: 0.25mg (14.67%), Potassium: 512.13mg (14.63%), Vitamin E: 1.71mg (11.4%), Calcium: 84.88mg (8.49%), Magnesium: 33.45mg (8.36%), Vitamin B5: 0.81mg (8.13%), Folate: 25.48µg (6.37%), Copper: 0.11mg (5.68%), Fiber: 1.4g (5.61%), Manganese: 0.11mg (5.35%), Vitamin B1: 0.08mg (5.1%), Vitamin D: 0.16µg (1.04%)