



Fajita Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 handful cilantro leaves chopped
- ☐ 1 bell pepper green sliced
- ☐ 1 pound ground beef
- ☐ 1 cup guacamole
- ☐ 1 tablespoon oil
- ☐ 2 onions sliced
- ☐ 4 slices pepper jack cheese
- ☐ 1 bell pepper red sliced
- ☐ 1 cup salsa

- ☐ 4 buns
- ☐ 1 tablespoon taco seasoning or store bought
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

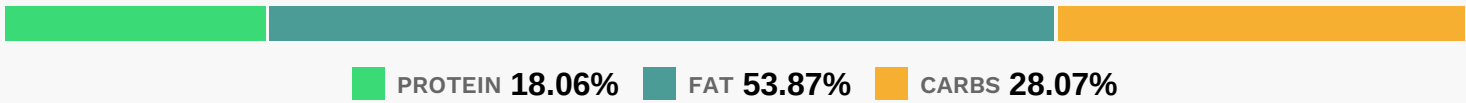
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Mix the ground beef, taco seasoning, salsa, Worcestershire sauce and cilantro. Form into 4 patties 3/4 inches thick and press your thumb into the middle to form a depression on top prevent bulging.
- ☐ Brush the patties with oil, place on grill and cook until golden brown and slightly charred, about 3–5 minutes per side. Set aside, cover and let rest for 10 minutes. Meanwhile heat the oil in a pan over medium–high heat.
- ☐ Add the onions and peppers and saute until tender, about 4–7 minutes.
- ☐ Mix in the taco seasoning and water and simmer until most of the liquid has evaporated. Assemble burgers with condiments of choice and enjoy!

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:25.06, Inflammation Score:-9, Nutrition Score:30.43217387925%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 12.42mg, Quercetin: 12.42mg, Quercetin: 12.42mg, Quercetin: 12.42mg

Nutrients (% of daily need)

Calories: 729.75kcal (36.49%), Fat: 44.25g (68.08%), Saturated Fat: 14.37g (89.83%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 43.26g (15.73%), Sugar: 12.17g (13.52%), Cholesterol: 99.2mg (33.07%), Sodium: 1036.43mg (45.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.37g (66.75%), Vitamin C: 74.66mg (90.49%), Iron: 14.25mg (79.15%), Vitamin B6: 0.88mg (43.93%), Vitamin B12: 2.6µg (43.35%), Zinc: 6.12mg (40.81%), Phosphorus: 358.37mg (35.84%), Vitamin B3: 7.17mg (35.84%), Vitamin A: 1736.86IU (34.74%), Fiber: 8.63g (34.53%), Selenium: 21.22µg (30.32%), Potassium: 1028.35mg (29.38%), Vitamin K: 27.94µg (26.61%), Vitamin E: 3.84mg (25.59%), Vitamin B2: 0.41mg (23.96%), Folate: 93.01µg (23.25%), Calcium: 232.53mg (23.25%), Vitamin B5: 1.81mg (18.1%), Magnesium: 65.83mg (16.46%), Manganese: 0.32mg (16.03%), Copper: 0.3mg (14.81%), Vitamin B1: 0.18mg (11.9%), Vitamin D: 0.24µg (1.6%)