



## Fiesta Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4.5 ounce chiles green drained chopped canned
- 0.3 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 2 pounds ground round
- 8 hamburger buns split toasted reduced-calorie
- 0.3 cup taco sauce
- 8 leaf lettuce leaves green
- 0.3 cup onion finely chopped

- 0.3 teaspoon onion powder
- 1.3 cups tomatoes seeded chopped
- 2 tablespoons worcestershire sauce low-sodium

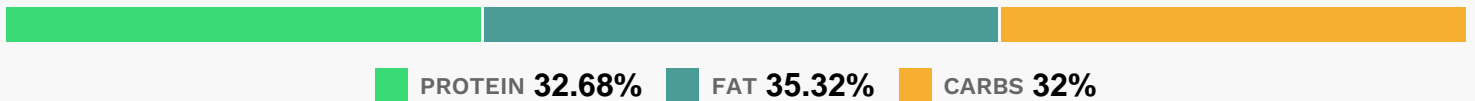
## Equipment

- broiler

## Directions

- Combine first 4 ingredients; cover and chill 30 minutes.
- Preheat broiler.
- Combine meat and next 4 ingredients; divide mixture into 8 equal portions, shaping each into a 4-inch patty. Broil 4 minutes on each side or until done.
- Place a lettuce leaf on bottom half of each bun; top each with a patty. Top evenly with tomato mixture, and cover with bun tops.

## Nutrition Facts



## Properties

Glycemic Index:17.13, Glycemic Load:13.24, Inflammation Score:-5, Nutrition Score:17.193912972575%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

## Nutrients (% of daily need)

Calories: 342.8kcal (17.14%), Fat: 13.16g (20.24%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 25.35g (9.22%), Sugar: 6.15g (6.83%), Cholesterol: 73.71mg (24.57%), Sodium: 496.57mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.79%), Selenium: 30.66µg (43.8%), Vitamin B12: 2.59µg (43.2%), Vitamin B3: 7.84mg (39.21%), Zinc: 5.83mg (38.88%), Phosphorus: 265.3mg (26.53%), Iron: 4.63mg (25.72%), Vitamin B6: 0.49mg (24.7%), Vitamin B1: 0.3mg (19.96%), Vitamin B2: 0.32mg (18.96%), Potassium: 540.55mg (15.44%), Folate: 61.33µg (15.33%), Manganese: 0.29mg (14.61%), Vitamin C: 10.45mg (12.67%), Magnesium: 37.72mg (9.43%), Calcium: 91.29mg (9.13%), Copper: 0.16mg (7.79%), Vitamin B5: 0.72mg

(7.19%), Vitamin A: 306.48IU (6.13%), Vitamin K: 6.27 $\mu$ g (5.97%), Fiber: 1.47g (5.89%), Vitamin E: 0.62mg (4.16%)