



Firecracker Burgers

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon beef bouillon granules
- ☐ 4 ounce chilies diced green drained canned
- ☐ 1 pound ground beef
- ☐ 4 slices monterrey jack cheese

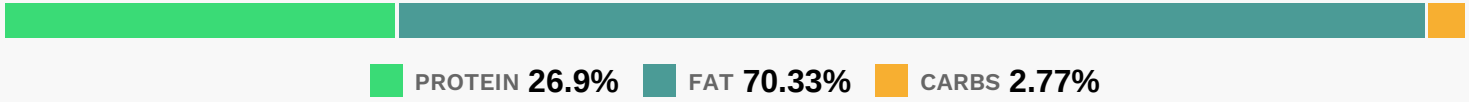
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill for high heat.
- ☐ In a medium bowl, mix the beef, diced green chilies, and bouillon. Shape into 4 patties.
- ☐ Lightly oil the grill grate. Grill patties 5 minutes per side, or until well done. Top each patty with cheese about 2 minutes prior to removing from grill.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.98, Inflammation Score:-5, Nutrition Score:16.234782711319%

Nutrients (% of daily need)

Calories: 404.66kcal (20.23%), Fat: 31.31g (48.17%), Saturated Fat: 14.07g (87.94%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.72g (1.91%), Cholesterol: 105.45mg (35.15%), Sodium: 366.53mg (15.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.89%), Vitamin C: 40.74mg (49.38%), Vitamin B12: 2.66µg (44.4%), Zinc: 5.65mg (37.7%), Phosphorus: 316.8mg (31.68%), Selenium: 21.35µg (30.5%), Vitamin B6: 0.53mg (26.64%), Vitamin B3: 5.19mg (25.94%), Calcium: 233.56mg (23.36%), Vitamin B2: 0.3mg (17.8%), Iron: 2.7mg (15.03%), Potassium: 422.16mg (12.06%), Vitamin A: 485.21IU (9.7%), Magnesium: 33.61mg (8.4%), Vitamin B5: 0.69mg (6.87%), Vitamin K: 6.71µg (6.39%), Copper: 0.11mg (5.74%), Vitamin B1: 0.07mg (4.96%), Folate: 19.66µg (4.91%), Vitamin E: 0.73mg (4.89%), Manganese: 0.07mg (3.47%), Vitamin D: 0.28µg (1.88%), Fiber: 0.43g (1.7%)