



Gourmet Grilling Burgers

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 anaheim chile peppers chopped
- ☐ 0.5 pound bulk sausage italian
- ☐ 1 teaspoon chili powder
- ☐ 1 eggs
- ☐ 3 cloves garlic minced
- ☐ 2 pounds ground beef lean
- ☐ 0.8 pound muenster cheese shredded
- ☐ 0.5 large onion red chopped

- ☐ 8 servings salt and pepper to taste
- ☐ 1 tablespoon worcestershire sauce

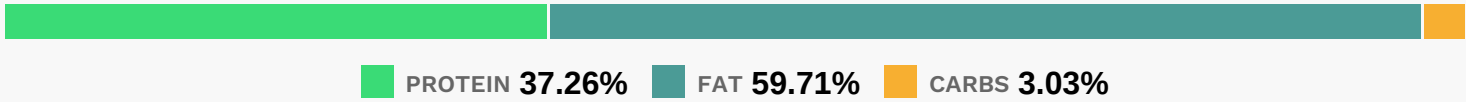
Equipment

- ☐ mixing bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Mix the ground beef, sausage, onion, chile pepper, garlic, Muenster cheese, egg, Worcestershire sauce, and chili powder in a mixing bowl until evenly combined. Season to taste with salt and pepper and mix again. Form the meat mixture into 8 patties.
- ☐ Cook on the preheated grill until the burgers are no longer pink in the center, about 7 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:19.181304263032%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 428.35kcal (21.42%), Fat: 27.88g (42.89%), Saturated Fat: 14.05g (87.82%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.5g (1.66%), Cholesterol: 153.14mg (51.05%), Sodium: 829.54mg (36.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.14g (78.29%), Vitamin B12: 3.47µg (57.87%), Zinc: 7.59mg (50.57%), Selenium: 34.87µg (49.82%), Phosphorus: 480.43mg (48.04%), Vitamin B3: 7.26mg (36.3%), Calcium: 330.12mg (33.01%), Vitamin B6: 0.59mg (29.51%), Vitamin B2: 0.4mg (23.51%), Iron: 3.5mg (19.42%),

Potassium: 565.12mg (16.15%), Vitamin B1: 0.22mg (14.85%), Vitamin A: 536.09IU (10.72%), Magnesium: 42.68mg (10.67%), Vitamin B5: 1.06mg (10.55%), Copper: 0.14mg (7%), Folate: 17.21µg (4.3%), Vitamin C: 3.38mg (4.1%), Vitamin E: 0.59mg (3.9%), Manganese: 0.07mg (3.26%), Vitamin D: 0.48µg (3.19%), Fiber: 0.69g (2.76%), Vitamin K: 1.75µg (1.67%)