



Green Chile Burger with Crunchy Avocado Salad

READY IN



55 min.

SERVINGS



4

CALORIES



826 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings canola oil
- ☐ 24 ounces ground beef
- ☐ 3 poblano chiles
- ☐ 8 slices aged provolone cheese thin
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 sesame seed buns sliced in 1/2

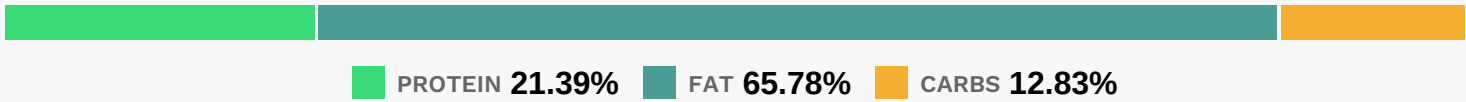
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the grill to high.
- ☐ Brush the chiles with oil and season with salt and pepper. Grill until blistered on all sides and soft, about 12 minutes.
- ☐ Remove the chiles from the grill, place in a bowl, cover with plastic wrap and let sit 15 minutes. Peel, stem and seed the chiles. Slice the chiles and set aside.
- ☐ Make 4 loosely-packed burger patties by tossing some of the meat from hand to hand. press your thumb into the center of each patty to make a little well. (At this point, you can chill or even freeze the burgers briefly so that they hold their shapes better when cooked.)
- ☐ Brush with oil and season with salt and pepper. Grill until slightly charred on both sides and cooked to medium doneness, about 8 minutes. Top each burger with 2 slices of cheese, close the cover of the grill and continue cooking for about 30 seconds or until the cheese just melts.
- ☐ Put the buns on the grill, cut side down and grill until slightly charred, about 15 seconds.
- ☐ Place the burgers on the bottom half, put a few slices of the poblano on top of the cheese and cover with the burger tops.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:13.22, Inflammation Score:-7, Nutrition Score:30.621304408364%

Flavonoids

Luteolin: 4.2mg, Luteolin: 4.2mg, Luteolin: 4.2mg, Luteolin: 4.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 825.86kcal (41.29%), Fat: 59.94g (92.22%), Saturated Fat: 20.99g (131.19%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 24g (8.73%), Sugar: 5.45g (6.05%), Cholesterol: 146.99mg (49%), Sodium: 602.87mg (26.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.86g (87.73%), Vitamin C: 72.31mg (87.65%), Vitamin B12: 4.28µg (71.33%), Selenium: 42.59µg (60.84%), Zinc: 8.76mg (58.43%), Phosphorus: 518.17mg (51.82%), Vitamin B3: 9.46mg (47.28%), Vitamin B6: 0.8mg (40.21%), Calcium: 388.47mg (38.85%), Vitamin B2: 0.53mg (30.89%), Iron: 5.27mg (29.27%), Vitamin E: 3.68mg (24.54%), Vitamin B1: 0.36mg (24.14%), Vitamin K: 22.69µg (21.61%), Potassium: 721.07mg (20.6%), Manganese: 0.38mg (18.87%), Folate: 64.6µg (16.15%), Magnesium: 58.43mg (14.61%), Vitamin A: 665.6IU (13.31%), Vitamin B5: 1.12mg (11.25%), Copper: 0.22mg (11.01%), Fiber: 2.31g (9.23%), Vitamin D: 0.36µg (2.4%)