



Green Chile Cheeseburgers

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

879 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices beefsteak tomatoes thick
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 cloves garlic chopped
- ☐ 2 pounds ground beef lean
- ☐ 4 hamburger buns toasted
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt

- ☐ 2 tablespoons oregano leaves fresh chopped
- ☐ 4 servings jalapeño peppers
- ☐ 2 poblano chiles peeled seeded chopped
- ☐ 1 leaves romaine lettuce optional
- ☐ 0.3 cup water cold
- ☐ 1 medium onion white chopped
- ☐ 8 slices chihuahua thin

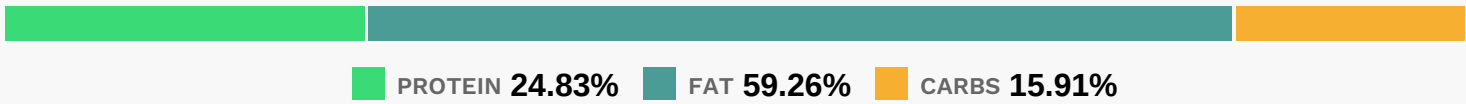
Equipment

- ☐ blender
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat grill to high. Form meat into 4 (8-ounce) burgers and season each burger on both sides with 1/4 teaspoon of salt and a 1/4 teaspoon of pepper. Grill until charred on both sides and cooked to desired doneness.
- ☐ Place 2 slices of the cheese on each burger, close the lid or tent with foil, and cook until the cheese has just melted, about 1 minute.
- ☐ Place burgers on buns and top with a few tablespoons of Green Chile Sauce and lettuce, tomato, and pickled jalapeno, if desired.
- ☐ Place all ingredients in a blender; blend until smooth and serve with the cheeseburgers.

Nutrition Facts



Properties

Glycemic Index:78.82, Glycemic Load:16.28, Inflammation Score:-10, Nutrition Score:36.493477790252%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 879.22kcal (43.96%), Fat: 57.44g (88.37%), Saturated Fat: 24.36g (152.25%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 31.01g (11.28%), Sugar: 10.49g (11.66%), Cholesterol: 187.25mg (62.42%), Sodium: 1389.38mg (60.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.14g (108.28%), Vitamin B12: 5.49µg (91.57%), Zinc: 11.27mg (75.1%), Selenium: 51.69µg (73.84%), Vitamin C: 51.27mg (62.14%), Phosphorus: 618.69mg (61.87%), Vitamin B3: 11.93mg (59.64%), Vitamin B6: 1mg (50%), Calcium: 450.2mg (45.02%), Iron: 7.44mg (41.35%), Vitamin B2: 0.63mg (37.17%), Vitamin K: 35.46µg (33.77%), Manganese: 0.61mg (30.43%), Potassium: 928.81mg (26.54%), Vitamin B1: 0.4mg (26.48%), Vitamin A: 1236.57IU (24.73%), Folate: 87.24µg (21.81%), Magnesium: 77.3mg (19.33%), Fiber: 3.68g (14.74%), Vitamin B5: 1.47mg (14.67%), Copper: 0.28mg (14.08%), Vitamin E: 1.84mg (12.29%), Vitamin D: 0.42µg (2.78%)