



## Grilled Chili Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 hawaiian rolls split
- 1 teaspoon chili powder
- 0.1 teaspoon ground pepper red (cayenne)
- 1 lb ground beef 80% lean (at least )
- 4 slices onion
- 4 oz monterrey jack cheese hot

### Equipment

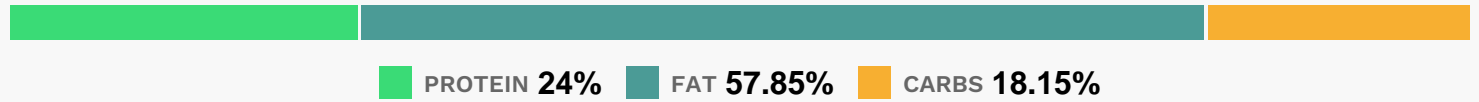
- bowl

- grill
- kitchen thermometer

## Directions

- Heat gas or charcoal grill. In medium bowl, mix ground beef, chili powder and ground red pepper. Shape mixture into 4 (4-inch) patties, 1/2 inch thick. Spray both sides of onion slices with cooking spray or brush with oil.
- When grill is heated, place patties and onion slices on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook 11 to 13 minutes, turning patties and onion slices once, until thermometer inserted in center of patties reads 160F. During last 2 minutes of cooking, place buns, cut sides down, on grill and cheese on patties; cook 1 to 2 minutes or until buns are golden brown and cheese is melted.
- Place patties on bottom halves of buns. Top with onion slices. Cover with top halves of buns.

## Nutrition Facts



## Properties

Glycemic Index:37, Glycemic Load:13.22, Inflammation Score:-5, Nutrition Score:17.841738975566%

## Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

## Nutrients (% of daily need)

Calories: 520.95kcal (26.05%), Fat: 33.05g (50.84%), Saturated Fat: 14.5g (90.61%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 22.12g (8.05%), Sugar: 3.91g (4.34%), Cholesterol: 105.74mg (35.25%), Sodium: 467.27mg (20.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.85g (61.69%), Selenium: 32.99µg (47.13%), Vitamin B12: 2.75µg (45.8%), Zinc: 5.95mg (39.68%), Phosphorus: 354.21mg (35.42%), Vitamin B3: 6.7mg (33.48%), Calcium: 298.78mg (29.88%), Vitamin B2: 0.42mg (24.42%), Vitamin B6: 0.44mg (22.23%), Iron: 4mg (22.22%), Vitamin B1: 0.29mg (19.63%), Folate: 56.33µg (14.08%), Manganese: 0.28mg (14%), Potassium: 413.05mg (11.8%), Magnesium: 39.06mg (9.77%), Vitamin A: 392.97IU (7.86%), Copper: 0.14mg (6.79%), Vitamin B5: 0.65mg (6.5%), Vitamin E: 0.87mg (5.78%), Vitamin K: 5.45µg (5.19%), Fiber: 1.2g (4.81%), Vitamin C: 1.65mg (2%), Vitamin D: 0.28µg (1.89%)