



Grilled Chipotle Burgers with Guacamole

READY IN



45 min.

SERVINGS



8

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 lb ground beef 80% lean (at least)
- 4 oz chilis green chopped canned
- 3 tablespoons chipotles in adobo canned undrained chopped
- 8 slices monterrey jack cheese
- 8 hawaiian rolls split
- 2 medium tomatoes sliced
- 1 lb avocado pitted cubed peeled
- 1 tablespoon juice of lime
- 0.3 teaspoon hot sauce red

- 0.3 teaspoon salt
- 1 clove garlic finely chopped

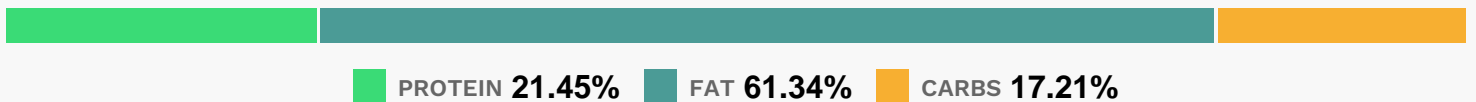
Equipment

- bowl
- blender
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill. In large bowl, mix beef, green chiles and chipotle chiles. Shape into 8 patties, about 3/4 inch thick.
- In medium bowl, mash guacamole ingredients, using pastry blender or fork.
- Place patties on grill over medium heat. Cover grill; cook 13 to 15 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F. Top each patty with cheese slice; cook just until cheese is melted. To toast buns, place cut sides down on grill during last 1 to 2 minutes of cook time.
- Layer buns with tomato slices, burgers and guacamole.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:13.69, Inflammation Score:-6, Nutrition Score:26.179999869803%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 688.47kcal (34.42%), Fat: 46.95g (72.24%), Saturated Fat: 17.81g (111.29%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 23.88g (8.68%), Sugar: 4.87g (5.41%), Cholesterol: 125.56mg (41.85%), Sodium: 613.3mg (26.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.94g (73.88%), Vitamin B12: 3.35µg (55.86%), Selenium: 37.34µg (53.35%), Zinc: 7.51mg (50.09%), Vitamin B3: 9.08mg (45.39%), Phosphorus: 430.98mg (43.1%), Vitamin B6: 0.7mg (35%), Vitamin B2: 0.53mg (31.25%), Calcium: 312.29mg (31.23%), Iron: 5.15mg (28.63%), Folate: 113.78µg (28.45%), Potassium: 825.64mg (23.59%), Vitamin B1: 0.35mg (23.38%), Fiber: 5.76g (23.04%), Vitamin C: 16.06mg (19.47%), Manganese: 0.38mg (18.87%), Vitamin K: 19.67µg (18.74%), Vitamin B5: 1.6mg (16.02%), Magnesium: 62.19mg (15.55%), Vitamin E: 2.11mg (14.1%), Copper: 0.27mg (13.49%), Vitamin A: 573.99IU (11.48%), Vitamin D: 0.31µg (2.06%)