



## Grilled Inside-Out Southwestern Cheeseburgers

READY IN



35 min.

SERVINGS



4

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 lb ground beef 80% lean (at least )
- ☐ 2 tablespoons onion finely chopped
- ☐ 4 oz chilis green drained chopped canned
- ☐ 4 oz pepper jack cheese
- ☐ 4 portugese rolls split
- ☐ 9 oz from 1 bottle old el mild taco sauce

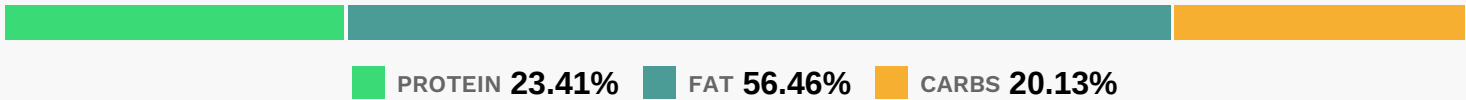
### Equipment

- ☐ bowl
- ☐ grill

## Directions

- ☐ Heat gas or charcoal grill. In medium bowl, mix beef, onion and chiles. Shape mixture into 8 thin patties. Top each of 4 patties with 2 slices cheese.
- ☐ Place remaining beef patties on top; pinch edges to seal securely.
- ☐ Place patties on grill over medium heat. Cover grill; cook 14 to 16 minutes, turning once, until burgers are slightly firm when pressed in center.
- ☐ Add rolls, cut sides down, for last 4 minutes of grilling or until toasted.
- ☐ Serve patties on rolls with taco sauce.

## Nutrition Facts



## Properties

Glycemic Index:31.75, Glycemic Load:23.12, Inflammation Score:-4, Nutrition Score:21.752608516942%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 726.64kcal (36.33%), Fat: 44.96g (69.16%), Saturated Fat: 18.48g (115.48%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 34.44g (12.53%), Sugar: 4.68g (5.21%), Cholesterol: 146mg (48.67%), Sodium: 690.48mg (30.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.93g (83.87%), Iron: 14.84mg (82.42%), Vitamin B12: 3.88µg (64.59%), Zinc: 8.12mg (54.15%), Selenium: 29.74µg (42.48%), Phosphorus: 405.57mg (40.56%), Vitamin B3: 7.53mg (37.64%), Vitamin B6: 0.61mg (30.59%), Calcium: 274.52mg (27.45%), Vitamin B2: 0.37mg (21.89%), Potassium: 577.05mg (16.49%), Magnesium: 54.79mg (13.7%), Vitamin C: 10.07mg (12.2%), Vitamin B5: 0.94mg (9.43%), Folate: 33.27µg (8.32%), Fiber: 1.63g (6.53%), Copper: 0.11mg (5.74%), Vitamin B1: 0.08mg (5.5%), Vitamin E: 0.77mg (5.15%), Vitamin A: 253.83IU (5.08%), Manganese: 0.09mg (4.52%), Vitamin K: 3.79µg (3.61%), Vitamin D: 0.34µg (2.27%)