



Grilled Salsa Burgers

READY IN



30 min.

SERVINGS



6

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices avocado
- 0.3 cup breadcrumbs plain
- 6 hawaiian rolls split toasted
- 1.5 lb ground beef 80% lean (at least)
- 3 oz monterrey jack cheese shredded hot
- 0.5 cup salsa thick
- 6 tablespoons cream sour
- 6 slices tomato

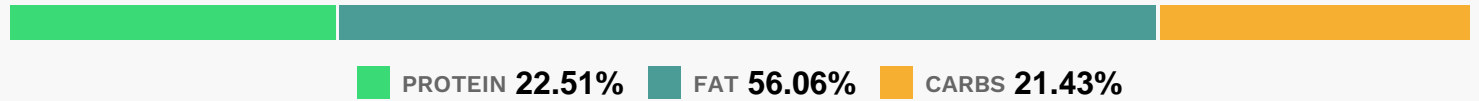
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill. In medium bowl, mix beef, salsa and bread crumbs. Shape mixture into 12 (4-inch) patties, 1/4 inch thick.
- Sprinkle rounded tablespoon cheese in center of 6 patties, spreading slightly. Top with remaining patties; press edges together firmly to seal.
- Place patties on grill over medium heat. Cover grill; cook 11 to 13 minutes, turning once, until meat thermometer inserted in center of patties reads 160F.
- Place burgers on bottom halves of buns. Top each with tomato and avocado slice and 1 tablespoon sour cream. If desired, top with additional salsa. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:12.92, Inflammation Score:-4, Nutrition Score:17.553478292797%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 510.47kcal (25.52%), Fat: 31.41g (48.33%), Saturated Fat: 13.06g (81.64%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 25.57g (9.3%), Sugar: 4.75g (5.28%), Cholesterol: 100.21mg (33.4%), Sodium: 552.36mg (24.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.76%), Selenium: 32.54µg (46.48%), Vitamin B12: 2.67µg (44.52%), Zinc: 5.64mg (37.57%), Vitamin B3: 7.18mg (35.9%), Phosphorus: 309.77mg (30.98%), Vitamin B2: 0.4mg (23.38%), Vitamin B6: 0.46mg (22.82%), Iron: 4.1mg (22.79%), Vitamin B1: 0.34mg (22.59%), Calcium: 214.72mg (21.47%), Manganese: 0.32mg (16.02%), Folate: 58.27µg (14.57%), Potassium: 457.06mg (13.06%), Magnesium: 39.78mg (9.94%), Copper: 0.15mg (7.54%), Vitamin B5: 0.72mg (7.23%), Vitamin E: 0.96mg (6.38%), Vitamin A: 297.98IU (5.96%), Vitamin K: 6.14µg (5.84%), Fiber: 1.45g (5.78%), Vitamin C: 1.32mg

(1.59%), Vitamin D: 0.2µg (1.32%)