



Grilled Taco Burgers

READY IN



25 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup tortilla chips crushed
- ☐ 9 oz from 1 bottle old el mild taco sauce
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 lb ground beef 90% (at least)
- ☐ 6 oz pepper jack cheese
- ☐ 6 hawaiian rolls split
- ☐ 1 serving olive oil cooking spray
- ☐ 0.8 cup lettuce shredded

☐

1 medium tomatoes coarsely chopped

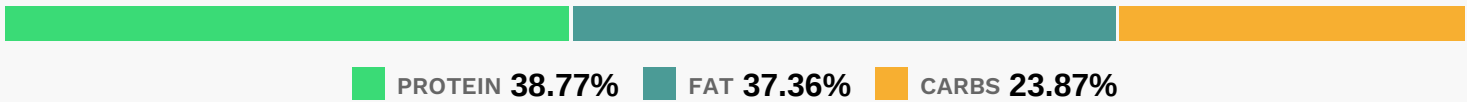
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill. In medium bowl, mix crushed chips, taco sauce, salt, pepper and beef. Shape mixture into 6 patties, about 5 inches in diameter. Press thumb in center of each patty, creating a slight indentation, until bottom of patty is about 1/2 inch thick.
- ☐ Place patties on grill over medium heat. Cover grill; cook 5 minutes. Turn patties; cook about 5 minutes longer or until meat thermometer inserted in center of patties reads 160°F. Top each patty with cheese slice; cook 1 minute or until cheese begins to melt.
- ☐ Meanwhile, spray cut sides of buns with cooking spray.
- ☐ Place buns, cut sides down, on grill; cook about 2 minutes or until golden brown.
- ☐ To serve, place cheese-topped patties on bottom halves of buns. Top with lettuce, tomato and top halves of buns.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:13.21, Inflammation Score:-6, Nutrition Score:24.143912968428%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 466.07kcal (23.3%), Fat: 18.94g (29.13%), Saturated Fat: 9.32g (58.28%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 25.79g (9.38%), Sugar: 4.03g (4.47%), Cholesterol: 118.97mg (39.66%), Sodium: 694.55mg

(30.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.22g (88.44%), Vitamin B12: 3.71µg (61.8%), Selenium: 42.34µg (60.49%), Zinc: 9.06mg (60.42%), Vitamin B3: 10.39mg (51.95%), Phosphorus: 490.69mg (49.07%), Vitamin B6: 0.67mg (33.57%), Iron: 5.66mg (31.42%), Calcium: 306.4mg (30.64%), Vitamin B2: 0.49mg (28.91%), Vitamin B1: 0.32mg (21.19%), Potassium: 707.81mg (20.22%), Manganese: 0.35mg (17.75%), Magnesium: 69.06mg (17.27%), Folate: 59.37µg (14.84%), Vitamin B5: 1.12mg (11.16%), Copper: 0.19mg (9.69%), Vitamin A: 435.44IU (8.71%), Vitamin K: 8.29µg (7.89%), Vitamin E: 0.91mg (6.07%), Fiber: 1.43g (5.72%), Vitamin C: 3.62mg (4.39%), Vitamin D: 0.32µg (2.14%)