



## Grilled Texas Ranch Burgers with Zippy Corn Relish

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 6 servings zippy corn relish
- ☐ 1 pound ground round lean
- ☐ 6 lettuce leaves
- ☐ 0.8 cup salsa hot
- ☐ 12 slices tomatoes
- ☐ 6 hamburger buns whole wheat

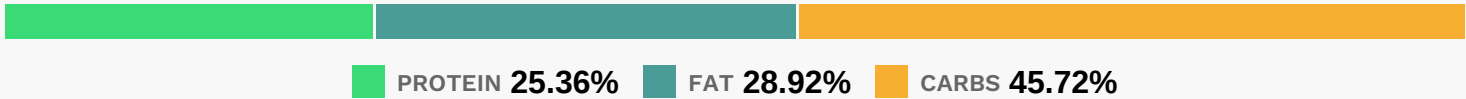
# Equipment

☐ grill

# Directions

- ☐ Prepare Zippy Corn Relish; cover and chill until ready to serve.
- ☐ Combine ground round and chili powder, mixing well. Shape mixture into 6 (1/2-inch-thick) patties.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place meat patties on rack; grill, covered, 4 minutes on each side or until done. Grill bun halves, cut sides down, 1 minute or just until toasted, if desired.
- ☐ To serve, line bottom half of each bun with 1 lettuce leaf; top with 2 tomato slices and a meat patty. Top each patty with 2 tablespoons salsa and 2 tablespoons Zippy Corn Relish. Reserve remaining corn relish for other uses. Top with remaining bun halves.

# Nutrition Facts



# Properties

Glycemic Index:15.58, Glycemic Load:8.49, Inflammation Score:-10, Nutrition Score:23.967391179956%

# Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

# Nutrients (% of daily need)

Calories: 355.59kcal (17.78%), Fat: 11.97g (18.41%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 42.56g (14.19%), Net Carbohydrates: 36.6g (13.31%), Sugar: 9.4g (10.44%), Cholesterol: 49.14mg (16.38%), Sodium: 523.12mg (22.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.61g (47.22%), Vitamin A: 3375.96IU (67.52%), Vitamin B3: 8.23mg (41.16%), Manganese: 0.81mg (40.43%), Selenium: 27.99µg (39.99%), Zinc: 4.89mg (32.6%), Vitamin B6: 0.61mg (30.38%), Phosphorus: 291.61mg (29.16%), Vitamin B12: 1.68µg (27.92%), Iron: 4.78mg (26.54%), Vitamin B1: 0.37mg (24.92%), Fiber: 5.96g (23.84%), Folate: 91.46µg (22.87%), Potassium: 792.92mg (22.65%), Vitamin B2: 0.37mg (21.83%), Vitamin C: 16.59mg (20.11%), Magnesium: 72.85mg (18.21%), Vitamin B5: 1.42mg (14.18%), Vitamin E: 2.12mg (14.13%), Copper: 0.27mg (13.45%), Vitamin K: 10.76µg (10.25%), Calcium: 86.07mg

(8.61%)