

Guacamole Cilantro Lime Cheeseburger

READY IN



40 min.

SERVINGS



6

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados pitted peeled halved
- ☐ 6 servings burger
- ☐ 1 teaspoon chili powder
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 1 tablespoon garlic minced
- ☐ 6 servings guacamole
- ☐ 6 hamburger buns
- ☐ 1 jalapeño peppers fresh minced seeded
- ☐ 0.5 juice of lime juiced

- ☐ 2 pounds ground beef lean
- ☐ 6 slices monterrey jack cheese
- ☐ 0.5 cup onion diced
- ☐ 0.3 teaspoon salt to taste
- ☐ 0.5 cup tomatoes diced

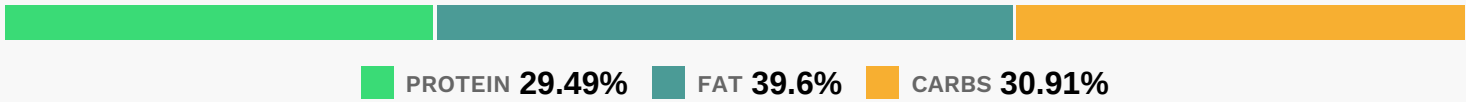
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium heat.
- ☐ To make the guacamole, mash the avocado in a medium bowl with the juice of half a lime, jalapeno, tomatoes, 1/4 cup onion, and 1 1/2 teaspoons of minced garlic; season to taste with salt, and set aside.
- ☐ In a large bowl, mix together beef, the juice of half a lime, 1 tablespoon garlic, chili powder, 1/2 cup diced onion, and cilantro. Form the meat into 6 patties.
- ☐ Cook the burgers to desired doneness on the preheated grill.
- ☐ Add a slice of cheese to each burger during the last minute of cooking.
- ☐ Serve on toasted buns with a dollop of guacamole.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:26.86, Inflammation Score:-8, Nutrition Score:34.51695657813%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg,

Hesperetin: 0.22mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 672.42kcal (33.62%), Fat: 29.51g (45.4%), Saturated Fat: 10.94g (68.4%), Carbohydrates: 51.82g (17.27%), Net Carbohydrates: 45.09g (16.4%), Sugar: 7.93g (8.81%), Cholesterol: 118.66mg (39.55%), Sodium: 801.87mg (34.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.44g (98.88%), Selenium: 54.38µg (77.69%), Vitamin B3: 13.3mg (66.48%), Zinc: 9.68mg (64.56%), Vitamin B12: 3.79µg (63.19%), Phosphorus: 557.39mg (55.74%), Vitamin B6: 0.91mg (45.3%), Vitamin B2: 0.71mg (41.83%), Iron: 7.3mg (40.55%), Vitamin B1: 0.6mg (39.69%), Folate: 154.76µg (38.69%), Calcium: 363.89mg (36.39%), Manganese: 0.66mg (32.91%), Potassium: 1056.96mg (30.2%), Fiber: 6.74g (26.95%), Vitamin K: 25.55µg (24.33%), Magnesium: 84.75mg (21.19%), Vitamin B5: 2.03mg (20.3%), Copper: 0.37mg (18.65%), Vitamin C: 14.9mg (18.06%), Vitamin E: 2.46mg (16.37%), Vitamin A: 634.49IU (12.69%), Vitamin D: 0.32µg (2.13%)