



Hidden Secret Burgers

READY IN



35 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon parsley dried
- ☐ 1 tablespoon bread crumbs dry
- ☐ 1 eggs beaten
- ☐ 1 pound ground beef
- ☐ 4 slices pickled jalapeño pepper finely chopped
- ☐ 0.3 cup monterrey jack cheese shredded
- ☐ 0.5 onion finely chopped
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon pepper sauce hot

- ☐ 0.5 chile pepper fresh red finely chopped
- ☐ 4 servings salt and pepper to taste

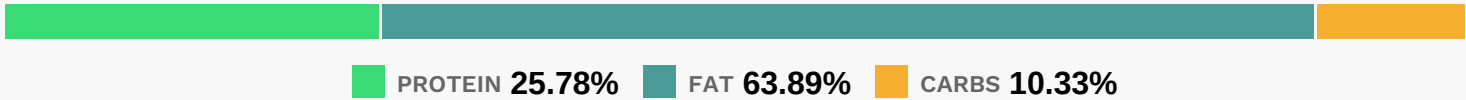
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a bowl, mix the ground beef, onion, egg, hot pepper sauce, and bread crumbs. Season with paprika, parsley, salt, and pepper. In a separate bowl, mix the cheese, red chile pepper, and jalapeno pepper. Form the beef mixture into 4 balls, and press a well in the center of each. Stuff with equal amounts of the cheese mixture. Press meat around filling to seal. Arrange on a baking sheet, and press gently into thick patties.
- ☐ Bake 20 minutes in the preheated oven, turning once, until well done.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:22.850434676461%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 384.2kcal (19.21%), Fat: 27.15g (41.77%), Saturated Fat: 10.98g (68.6%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 6.74g (2.45%), Sugar: 4.9g (5.44%), Cholesterol: 129.81mg (43.27%), Sodium: 390.83mg (16.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.66g (49.31%), Vitamin C: 116.62mg (141.36%), Vitamin B12: 2.61µg (43.53%), Vitamin B6: 0.83mg (41.5%), Zinc: 5.39mg (35.93%), Selenium: 22.87µg (32.68%), Vitamin B3:

6.27mg (31.35%), Vitamin A: 1404.21IU (28.08%), Phosphorus: 278.48mg (27.85%), Vitamin E: 4.02mg (26.8%), Vitamin B2: 0.34mg (20.24%), Vitamin K: 20.73µg (19.75%), Potassium: 608.82mg (17.39%), Iron: 3.01mg (16.72%), Fiber: 3.13g (12.54%), Calcium: 117.78mg (11.78%), Folate: 46.03µg (11.51%), Vitamin B5: 1.1mg (10.97%), Magnesium: 41.43mg (10.36%), Vitamin B1: 0.13mg (8.48%), Manganese: 0.17mg (8.27%), Copper: 0.14mg (7.23%), Vitamin D: 0.39µg (2.6%)