



Hominy-Pinto Burgers with Roasted Poblano Chiles

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 ounce pinto beans rinsed drained canned
- ☐ 1 tablespoon canola oil
- ☐ 2 garlic cloves minced
- ☐ 15 ounce hominy rinsed drained canned
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 0.8 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal divided
- ☐ 3 ounces monterrey jack cheese shredded with jalapeño peppers

- ☐ 1 cup onion chopped
- ☐ 2 poblano chiles
- ☐ 2 tablespoons salsa low-sodium
- ☐ 0.3 teaspoon salt
- ☐ 6 ounce hamburger buns whole wheat toasted

Equipment

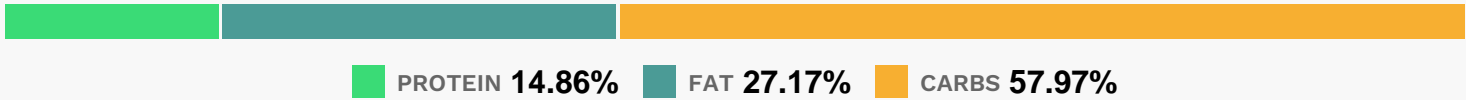
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Place chiles on a foil-lined baking sheet; broil 3 inches from heat 8 minutes or until blackened and charred, turning after 6 minutes.
- ☐ Place in a heavy-duty plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and discard skins.
- ☐ Cut each chile lengthwise into 4 strips; discard seeds.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and garlic; saut 5 minutes.
- ☐ Place onion mixture, salt, beans, and hominy in a food processor; pulse until coarsely ground.
- ☐ Combine bean mixture and 1/2 cup masa in a medium bowl. Divide bean mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place remaining 1/4 cup masa in a shallow dish; dredge patties in masa.
- ☐ Heat oil in skillet over medium heat.

- ☐
- Add patties to pan; cook 4 minutes. Turn patties over. Top each patty with 3 tablespoons cheese; cook 4 minutes.
- ☐
- Combine sour cream and salsa in a small bowl.
- ☐
- Spread 1 tablespoon sour cream mixture on top half of each bun.
- ☐
- Place patties on bottom halves of buns; top each serving with 2 pepper strips. Cover with tops of buns.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:6.41, Inflammation Score:-8, Nutrition Score:25.59434759876%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg

Nutrients (% of daily need)

Calories: 507.34kcal (25.37%), Fat: 15.67g (24.11%), Saturated Fat: 5.73g (35.83%), Carbohydrates: 75.21g (25.07%), Net Carbohydrates: 62.65g (22.78%), Sugar: 9.28g (10.31%), Cholesterol: 21.02mg (7.01%), Sodium: 1191.03mg (51.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.27g (38.55%), Vitamin C: 52.24mg (63.32%), Manganese: 1.11mg (55.6%), Fiber: 12.56g (50.25%), Vitamin B1: 0.64mg (42.41%), Phosphorus: 362.92mg (36.29%), Folate: 137.71µg (34.43%), Iron: 6.06mg (33.66%), Selenium: 23.46µg (33.51%), Calcium: 319mg (31.9%), Magnesium: 109.72mg (27.43%), Vitamin B2: 0.45mg (26.45%), Vitamin B3: 4.81mg (24.05%), Vitamin B6: 0.46mg (22.96%), Zinc: 3.41mg (22.73%), Copper: 0.41mg (20.63%), Potassium: 656.17mg (18.75%), Vitamin E: 1.72mg (11.48%), Vitamin K: 11.82µg (11.26%), Vitamin A: 489.48IU (9.79%), Vitamin B5: 0.74mg (7.41%), Vitamin B12: 0.21µg (3.43%)