



Indian Curry Burgers with Chutney Mayo

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 jalapeno seeded finely chopped
- 1 lb ground beef 80% lean (at least)
- 1 teaspoon juice of lemon
- 4 leaves lettuce
- 1 medium mangos peeled sliced

- 3 tablespoons mango chutney finely chopped
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 0.3 cup salad dressing
- 1 teaspoon salt
- 4 portugese rolls split
- 1 medium tomatoes sliced
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- grill
- kitchen thermometer

Directions

- In small bowl, mix chutney mayo ingredients. Cover; refrigerate until serving time.
- In 8-inch skillet, heat oil over medium heat. Cook onion and chile in oil 3 to 5 minutes, stirring occasionally, until tender.
- Add curry powder, cumin, ginger, salt and pepper; cook and stir 2 minutes longer.
- Heat gas or charcoal grill. In large bowl, mix beef and onion mixture. Shape mixture into 4 patties, 1/4 inch thick.
- Place patties on grill over medium heat. Cover grill; cook 5 to 8 minutes, turning once, until meat thermometer inserted in center of patties reads 160F. During last 2 minutes of cooking, place rolls, cut sides down, on grill until toasted.
- Spread chutney mayo on cut sides of rolls.
- Place burgers on bottom halves; top with lettuce and tomato. Cover with top halves of rolls.

Nutrition Facts



■ PROTEIN 16.85% ■ FAT 46.07% ■ CARBS 37.08%

Properties

Glycemic Index:87.69, Glycemic Load:33.02, Inflammation Score:-7, Nutrition Score:21.040434640387%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 628.89kcal (31.44%), Fat: 32.25g (49.61%), Saturated Fat: 9.81g (61.34%), Carbohydrates: 58.41g (19.47%), Net Carbohydrates: 54.3g (19.74%), Sugar: 22.38g (24.87%), Cholesterol: 80.51mg (26.84%), Sodium: 1106.85mg (48.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.53g (53.06%), Iron: 14.55mg (80.82%), Vitamin B12: 2.43µg (40.45%), Vitamin C: 31.15mg (37.76%), Zinc: 5.08mg (33.84%), Vitamin B3: 5.6mg (28.01%), Vitamin B6: 0.55mg (27.38%), Selenium: 18.86µg (26.95%), Vitamin K: 27.01µg (25.72%), Manganese: 0.46mg (22.91%), Phosphorus: 221.26mg (22.13%), Vitamin A: 936.5IU (18.73%), Potassium: 603.94mg (17.26%), Vitamin E: 2.54mg (16.92%), Fiber: 4.12g (16.46%), Vitamin B2: 0.23mg (13.29%), Folate: 48.52µg (12.13%), Magnesium: 43.08mg (10.77%), Copper: 0.21mg (10.37%), Vitamin B5: 0.75mg (7.5%), Vitamin B1: 0.11mg (7.02%), Calcium: 67.49mg (6.75%)