



## Jalapeño-Stuffed Cheeseburgers with Guacamole Topping

READY IN



25 min.

SERVINGS



8

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large fully avocado ripe mashed
- 2 Tbsp cilantro leaves fresh chopped
- 3 cloves garlic divided minced
- 8 hamburger buns
- 8 singles kraft
- 2 lb ground beef lean
- 2 Tbsp real mayo mayonnaise kraft
- 0.5 cup onions divided finely chopped

5 pickled jalapeño peppers divided

## Equipment

grill

## Directions

Heat grill to medium-high heat.

Chop 1 pepper; mix with avocados, 2 Tbsp. onions, cilantro, mayo and 1/3 of the garlic. Refrigerate until ready to use.

Cut each of the remaining peppers into 6 slices.

Mix meat, remaining onions and garlic just until blended; shape into 16 (3-inch) patties.

Place 3 pepper slices on center of each of 8 patties; cover with second patty. Press edges together to seal.

Grill 5 min. on each side or until done (160F), topping burgers with Singles and toasting buns, cut sides down, on the grill for the last minute.

Fill buns with burgers and guacamole.

## Nutrition Facts



**PROTEIN 33.54%** **FAT 34.58%** **CARBS 31.88%**

## Properties

Glycemic Index:31.38, Glycemic Load:13.6, Inflammation Score:-7, Nutrition Score:23.838695352492%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

## Nutrients (% of daily need)

Calories: 361.04kcal (18.05%), Fat: 13.78g (21.2%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 24.66g (8.97%), Sugar: 5.6g (6.23%), Cholesterol: 71.92mg (23.97%), Sodium: 326.78mg (14.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.07g (60.13%), Vitamin C: 63.99mg (77.56%), Selenium: 31.82µg (45.45%), Vitamin B3: 8.84mg (44.21%), Vitamin B12: 2.63µg (43.84%), Zinc: 6.4mg (42.69%), Vitamin B6: 0.73mg (36.46%), Phosphorus: 310.52mg (31.05%), Iron: 4.61mg (25.64%), Vitamin B1: 0.35mg (23.1%), Vitamin B2: 0.37mg (21.84%), Potassium: 719.51mg (20.56%), Manganese: 0.41mg (20.4%), Folate: 76.05µg (19.01%), Vitamin K: 19.18µg (18.26%), Fiber: 3.92g (15.68%), Magnesium: 50.9mg (12.73%), Copper: 0.24mg (11.96%), Vitamin B5: 1.18mg (11.76%), Calcium: 94.38mg (9.44%), Vitamin E: 1.35mg (8.98%), Vitamin A: 343.25IU (6.87%)