



Jalapeno Hamburgers

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



128 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons cajun spice
- 1 teaspoon cilantro leaves
- 3 cloves garlic minced
- 4 jalapeño peppers minced seeded
- 1 pound ground beef lean
- 3 tablespoons tomato paste

Equipment

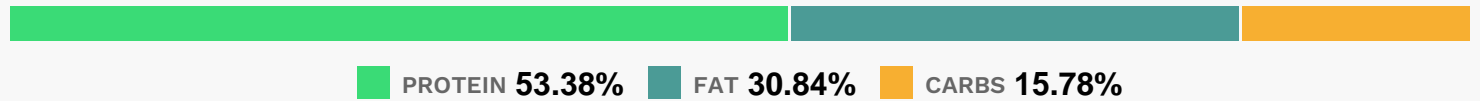
- bowl

grill

Directions

- In a medium bowl combine ground beef, jalapenos, garlic, tomato paste and cilantro. Form mixture into 6 patties.
- Generously sprinkle both sides of patties with desired amount of Cajun seasoning
- Grill 4 to 5 minutes each side.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:13.836521739545%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 128.24kcal (6.41%), Fat: 4.46g (6.86%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 2.89g (1.05%), Sugar: 1.86g (2.06%), Cholesterol: 46.87mg (15.62%), Sodium: 116.81mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.37g (34.74%), Vitamin A: 2522.39IU (50.45%), Vitamin B12: 1.69µg (28.22%), Zinc: 4.13mg (27.54%), Vitamin B3: 5mg (25%), Vitamin B6: 0.47mg (23.56%), Selenium: 14.12µg (20.18%), Phosphorus: 175.71mg (17.57%), Iron: 3.07mg (17.07%), Vitamin C: 13.34mg (16.16%), Vitamin E: 2.25mg (15%), Potassium: 478.34mg (13.67%), Vitamin B2: 0.2mg (11.74%), Fiber: 2.25g (9%), Magnesium: 30.08mg (7.52%), Manganese: 0.14mg (7.01%), Vitamin B5: 0.65mg (6.52%), Copper: 0.13mg (6.48%), Vitamin K: 6.69µg (6.37%), Vitamin B1: 0.06mg (3.86%), Calcium: 24.22mg (2.42%), Folate: 9.6µg (2.4%)