



Mexican Beef Patties with Fresh Salsa

 Gluten Free

READY IN



41 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounce chiles green drained chopped canned
- 2 tablespoons cilantro leaves fresh chopped
- 2 pounds ground round
- 2 tablespoons jalapeno minced seeded (1)
- 1 tablespoon juice of lime fresh
- 2 tablespoons onion chopped
- 0.5 teaspoon salt divided
- 2 ounces preshredded 4-cheese mexican blend cheese divided reduced-fat

- 1.3 ounce 0%-less-sodium taco seasoning
- 1.8 cups tomatoes chopped (3 medium)

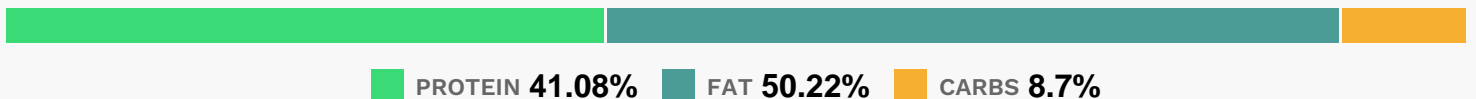
Equipment

- bowl
- frying pan

Directions

- Combine first 5 ingredients in a medium bowl; stir in 1/4 teaspoon salt. Set aside until ready to serve.
- Combine beef, green chiles, taco seasoning, and remaining 1/4 teaspoon salt in a large bowl; stir well. Divide mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty.
- Heat a large nonstick skillet over medium heat; coat pan with cooking spray.
- Add 4 patties, and cook 6 minutes on each side. Top each patty with 1 tablespoon cheese, and cook 2 minutes or until burgers are done and cheese melts.
- Remove from pan; keep warm. Repeat procedure with remaining patties and cheese.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:14.260869720708%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 245.08kcal (12.25%), Fat: 13.49g (20.75%), Saturated Fat: 5.82g (36.41%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 3.6g (1.31%), Sugar: 2.07g (2.3%), Cholesterol: 80.44mg (26.81%), Sodium: 685.82mg (29.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.64%), Vitamin B12: 2.59µg (43.22%), Zinc: 5.73mg (38.18%), Vitamin B3: 6.11mg (30.54%), Selenium: 19.97µg (28.52%), Phosphorus: 251.28mg (25.13%), Vitamin B6: 0.49mg (24.38%), Vitamin C: 17.13mg (20.77%), Iron: 3.2mg (17.78%), Vitamin A: 802.01IU (16.04%), Potassium: 480.99mg (13.74%), Vitamin B2: 0.21mg (12.6%), Vitamin B5: 0.75mg (7.53%), Magnesium: 29.67mg (7.42%), Calcium: 70.76mg (7.08%), Fiber: 1.65g (6.61%), Folate: 22.96µg (5.74%), Copper: 0.11mg (5.31%), Vitamin E: 0.7mg (4.65%), Vitamin K: 4.68µg (4.46%), Vitamin B1: 0.07mg (4.41%), Manganese: 0.06mg (2.9%)