



Mexican Chili-Cheese Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounce cheddar cheese reduced-fat
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound ground round
- ☐ 6 ounce hawaiian rolls
- ☐ 4 inner leaves iceberg lettuce
- ☐ 2 teaspoons jalapeno minced seeded
- ☐ 0.5 teaspoon oregano dried

- ☐ 0.3 teaspoon pepper
- ☐ 1 cup plum tomatoes seeded chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cream fat-free sour
- ☐ 2 inch tomatoes

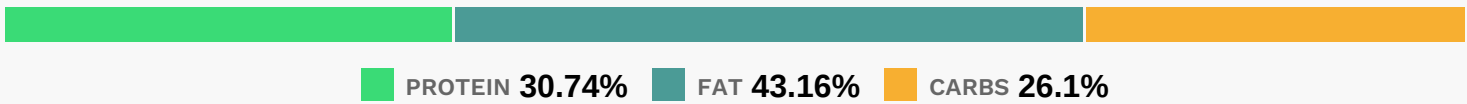
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 9 ingredients in a bowl; stir well. Divide mixture into 4 equal portions, shaping into 1/2-inch-thick patties.
- ☐ Prepare grill.
- ☐ Place patties on grill rack coated with cooking spray; grill 6 minutes on each side or until done.
- ☐ Place 1 cheese slice on top of each patty; cover and grill an additional minute or until cheese melts.
- ☐ Spread 1 tablespoon of sour cream over top half of each bun, and set aside.
- ☐ Place patties on bottom halves of buns; top each with lettuce, tomato, onions (if desired), and top half of bun.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:13.59, Inflammation Score:-8, Nutrition Score:23.10173927701%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg,

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 436.11kcal (21.81%), Fat: 20.73g (31.9%), Saturated Fat: 9.12g (57.01%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 25.67g (9.33%), Sugar: 5.24g (5.82%), Cholesterol: 96.26mg (32.09%), Sodium: 772.58mg (33.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.23g (66.46%), Selenium: 37.64µg (53.77%), Vitamin B12: 2.86µg (47.66%), Zinc: 6.82mg (45.5%), Vitamin B3: 8.22mg (41.09%), Phosphorus: 387.68mg (38.77%), Vitamin A: 1489.1IU (29.78%), Vitamin B6: 0.57mg (28.62%), Iron: 4.87mg (27.06%), Vitamin B2: 0.46mg (26.86%), Calcium: 265.24mg (26.52%), Vitamin B1: 0.32mg (21.66%), Manganese: 0.41mg (20.28%), Potassium: 665.02mg (19%), Vitamin K: 17.61µg (16.77%), Folate: 66.7µg (16.67%), Vitamin C: 12.33mg (14.94%), Magnesium: 52.27mg (13.07%), Vitamin E: 1.91mg (12.74%), Copper: 0.2mg (10.2%), Fiber: 2.54g (10.18%), Vitamin B5: 0.86mg (8.59%), Vitamin D: 0.24µg (1.61%)