



## Mexican Platter Burger

READY IN



45 min.

SERVINGS



8

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 round bread french
- 0.5 cup bread crumbs dried fine
- 2 tablespoons butter
- 2 teaspoons chili powder
- 2 large eggs
- 2 cloves garlic minced pressed
- 1 teaspoon ground cumin
- 8 servings guacamole
- 0.5 cup taco sauce prepared

- 6 oz jack cheese shredded
- 2.5 pounds ground beef lean
- 1 cup onion minced
- 0.5 teaspoon oregano dried
- 8 servings pickled tomatillos

## Equipment

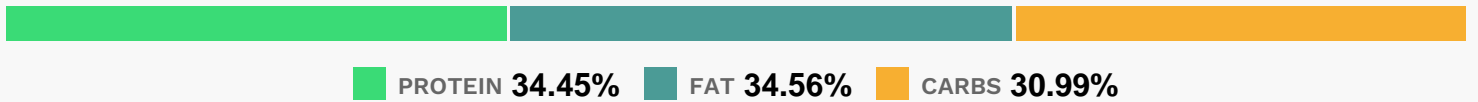
- bowl
- baking sheet
- grill
- serrated knife

## Directions

- Using a long, serrated knife, cut bread in half horizontally.
- Spread butter evenly over cut sides.
- In a large bowl, beat eggs to blend, then add beef, onion, bread crumbs, taco sauce, chili powder, cumn, garlic, and oregano and mix well. Line a 12- by 15-inch baking sheet with waxed paper. Scrape meat mixture onto paper and pat into a 12-inch-wide round (or 1 in. wider than bread).
- Prepare barbecue for direct heat.
- If using charcoal briquets, cover firegrate with a single, solid layer of ignited coals; let them burn down to desired heat. Set grill in place and measure heat.
- If using a gas barbecue, turn all burners to high and close lid for 10 minutes. Adjust burners to desired heat. Set grill in place and measure heat.
- When grill is hot (you can hold your hand at grill level 2 to 3 seconds), lay meat on barbecue: holding both ends of baking sheet, invert patty onto grill. Pull waxed paper off the patty and discard.
- Cook patty until browned on bottom, about 7 minutes. To turn, use 2 rimless baking sheets, one as a pusher to slide patty onto the second sheet. When patty is on the baking sheet, invert first sheet onto it. Hold baking sheets together, turn over, and slide patty, browned side up, back onto grill. Continue to cook until well-done (no longer pink in the center, cut to test), 7 to 9 minutes.

- Sprinkle cheese over burger for the last 3 to 4 minutes of cooking.
- During the last few minutes the meat cooks, if there is space, lay bread, cut side down, on grill to toast. If there is not enough room, toast bread after removing patty. Slide a baking sheet under the meat, then slide meat onto the bottom half of the toasted bread.
- Cut the top half of the bread into 8 wedges. Arrange bread wedges on burger.
- Cut burger and the bottom of the bread into wedges.
- Top burger with guacamole and pickled tomatillos.

## Nutrition Facts



### Properties

Glycemic Index:26.81, Glycemic Load:20.54, Inflammation Score:-7, Nutrition Score:26.888260613317%

### Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

### Nutrients (% of daily need)

Calories: 521.52kcal (26.08%), Fat: 19.77g (30.41%), Saturated Fat: 8.67g (54.17%), Carbohydrates: 39.89g (13.3%), Net Carbohydrates: 37.17g (13.51%), Sugar: 8.54g (9.49%), Cholesterol: 153.31mg (51.1%), Sodium: 809.72mg (35.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.34g (88.67%), Selenium: 48.09µg (68.7%), Zinc: 8.79mg (58.62%), Vitamin B12: 3.49µg (58.17%), Vitamin B3: 11.43mg (57.13%), Phosphorus: 487.92mg (48.79%), Vitamin B2: 0.64mg (37.4%), Iron: 6.6mg (36.64%), Vitamin B6: 0.72mg (36.17%), Vitamin B1: 0.52mg (34.42%), Folate: 93.02µg (23.26%), Calcium: 232.21mg (23.22%), Manganese: 0.46mg (22.94%), Potassium: 742.09mg (21.2%), Magnesium: 68.71mg (17.18%), Vitamin B5: 1.45mg (14.53%), Copper: 0.26mg (13.25%), Vitamin A: 550.44IU (11.01%), Fiber: 2.73g (10.9%), Vitamin E: 1.18mg (7.86%), Vitamin C: 5.82mg (7.06%), Vitamin K: 6.85µg (6.52%), Vitamin D: 0.52µg (3.46%)