



Mexican Torta Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



1007 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado pitted halved sliced
- 15 ounce refried black beans warmed canned
- 1.5 pounds ground beef
- 1.5 cups iceberg lettuce shredded
- 1 slices pickled jalapeño for topping
- 0.5 juice of lime
- 4 servings kosher salt and pepper freshly ground
- 0.5 cup queso fresco cheese crumbled
- 4 kaiser rolls split soft

4 servings vegetable oil for the grill

Equipment

bowl

oven

grill

Directions

Form the beef into four 6-ounce patties, about 3/4 inch thick; press the center of each patty with your thumb to make a 1/2-inch-deep indentation. Season the patties on both sides with salt and pepper. Lightly brush the grill grates with the vegetable oil, then grill the patties, indentation-side up, until marked on the bottom, about 5 minutes. Flip and cook until marked and slightly firm, about 3 more minutes for medium doneness.

Remove the patties to a plate and let rest 5 minutes. Grill the rolls, cut-side down, until lightly toasted, about 1 minute. Toss the avocado and lime juice in a bowl and season with salt and pepper.

Spread the refried beans on the bun bottoms, then top with the burger patties, cheese, avocado, pickled jalapenos and lettuce. Cover with the bun tops.

Photograph by Levi Brown

Nutrition Facts

PROTEIN 19.1% FAT 55.16% CARBS 25.74%

Properties

Glycemic Index:51.75, Glycemic Load:28.53, Inflammation Score:-8, Nutrition Score:37.054347867551%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 1006.62kcal (50.33%), Fat: 61.93g (95.28%), Saturated Fat: 18.4g (114.99%), Carbohydrates: 65.05g (21.68%), Net Carbohydrates: 50.4g (18.33%), Sugar: 6.54g (7.27%), Cholesterol: 131.29mg (43.76%), Sodium: 722.83mg (31.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.25g (96.5%), Iron: 16.66mg (92.58%), Vitamin B12: 3.9µg (64.94%), Zinc: 9.09mg (60.61%), Fiber: 14.65g (58.6%), Folate: 226.36µg (56.59%), Phosphorus: 514.21mg (51.42%), Vitamin K: 50.2µg (47.81%), Vitamin B3: 8.93mg (44.66%), Vitamin B6: 0.87mg (43.53%), Selenium: 30.06µg (42.94%), Vitamin C: 33.59mg (40.72%), Potassium: 1198.35mg (34.24%), Magnesium: 127.14mg (31.78%), Manganese: 0.62mg (30.96%), Vitamin B1: 0.39mg (26.24%), Vitamin E: 3.8mg (25.34%), Vitamin B2: 0.43mg (25.25%), Copper: 0.44mg (22.24%), Vitamin B5: 1.96mg (19.64%), Calcium: 166.26mg (16.63%), Vitamin A: 582.62IU (11.65%), Vitamin D: 0.58µg (3.88%)