



New Mexico Green Chile and Frito Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



908 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chipotle barbecue sauce
- ☐ 2 regular chiles fresh green sliced (4 oz. total)
- ☐ 2 cups fritos
- ☐ 1 pound ground beef
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons mayonnaise
- ☐ 0.3 teaspoon pepper
- ☐ 4 oz pepper jack cheese
- ☐ 4 kaiser rolls split

☐ 2 teaspoons vegetable oil divided

Equipment

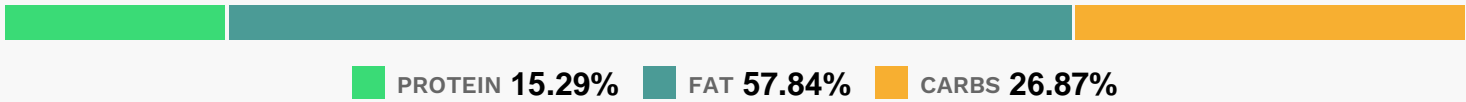
☐ bowl

☐ grill

Directions

- ☐ Heat grill to medium (350 to 450).
- ☐ Mix ground chuck, salt, and pepper in a large bowl until just combined (do not overmix). Divide into 4 portions and form into 1/2-in. patties with a slight depression in the center of each to help them cook evenly.
- ☐ Brush with 1 tsp. oil.
- ☐ Rub fresh chiles with remaining 1 tsp. oil. Grill over high heat, turning often, until blackened, about 4 minutes. Cover with a towel to steam, about 10 minutes. When cool, rub off skins, then stem, seed, and slice chiles into strips.
- ☐ Grill burgers until cooked the way you like, about 7 minutes for medium. In last few minutes, lay a cheese slice on each burger and lay split rolls on grill.
- ☐ Arrange burgers on bottom of buns and top with one-quarter of chiles and Fritos.
- ☐ Mix mayonnaise and barbecue sauce and dollop about 2 tsp. onto each burger. Set tops of rolls in place.
- ☐ *Canned Hatch green chiles are available in some grocery stores.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:23.06, Inflammation Score:-4, Nutrition Score:20.732608846996%

Nutrients (% of daily need)

Calories: 907.64kcal (45.38%), Fat: 58.29g (89.68%), Saturated Fat: 17.6g (109.97%), Carbohydrates: 60.95g (20.32%), Net Carbohydrates: 57.15g (20.78%), Sugar: 6.41g (7.13%), Cholesterol: 110.15mg (36.72%), Sodium: 1531.81mg (66.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.66g (69.32%), Iron: 13.64mg (75.76%),

Vitamin B12: 2.67µg (44.58%), Zinc: 6.18mg (41.21%), Phosphorus: 393.3mg (39.33%), Selenium: 24.75µg (35.35%), Calcium: 301.59mg (30.16%), Vitamin E: 4.27mg (28.46%), Vitamin B3: 5.21mg (26.03%), Vitamin K: 27.02µg (25.74%), Vitamin B6: 0.47mg (23.26%), Vitamin B2: 0.32mg (18.61%), Fiber: 3.8g (15.21%), Magnesium: 59.27mg (14.82%), Potassium: 402.18mg (11.49%), Manganese: 0.23mg (11.34%), Vitamin B5: 0.9mg (9.01%), Copper: 0.13mg (6.43%), Vitamin B1: 0.08mg (5.03%), Vitamin A: 231.12IU (4.62%), Folate: 17.16µg (4.29%), Vitamin C: 3.38mg (4.09%), Vitamin D: 0.3µg (2.03%)