



Oaxaca Burger with Manchego, Avocado and Pickled Habanero Onions

READY IN



355 min.

SERVINGS



4

CALORIES



978 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ancho chile powder
- ☐ 0.5 teaspoon ground chile de arbol
- ☐ 1 ounce bittersweet chocolate finely chopped
- ☐ 2 tablespoons canola oil
- ☐ 3 cups chicken stock see
- ☐ 1 tablespoon new mexico chile powder
- ☐ 0.3 cup chipotle in adobo pureed
- ☐ 0.3 cup tortilla chips blue crushed

- ☐ 3 cloves garlic coarsely chopped
- ☐ 0.3 cup golden raisins
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1.5 pounds pd of ground turkey () (90/10 percent)
- ☐ 0.5 habanero chile seeds removed
- ☐ 4 hamburger buns split toasted
- ☐ 1 haas avocados pitted ripe peeled sliced
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.8 cup juice of lime fresh
- ☐ 1 cup manchego grated
- ☐ 0.3 cup mangos fresh chopped
- ☐ 1 tablespoon maple syrup pure
- ☐ 3 tablespoons blackstrap molasses
- ☐ 1 small onion spanish coarsely chopped
- ☐ 1 cup plum tomatoes pureed
- ☐ 1 large onion red peeled halved cut into 1/8-inch-thick slices
- ☐ 0.3 cup slivered almonds toasted
- ☐ 3 tablespoons caster sugar
- ☐ 0.8 cup distilled vinegar white

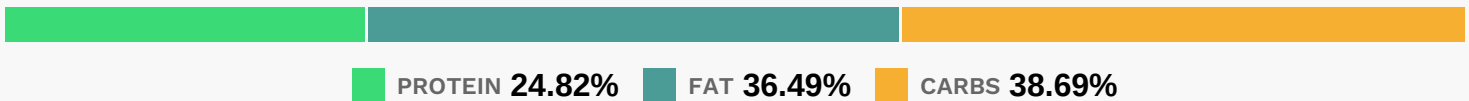
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ grill

Directions

- ☐ Combine 1/2 cup water, the lime juice, vinegar, sugar, salt and habanero chile in a medium saucepan. Boil the vinegar mixture until the sugar is dissolved.
- ☐ Remove the saucepan from the heat and cool for 5 minutes.
- ☐ Put the onion slices in a small bowl.
- ☐ Pour the warm vinegar mixture over the onions and toss to coat. Cover the bowl and refrigerate for at least 4 hours and up to 48 hours, stirring the mixture a few times.
- ☐ Heat the oil in a saucepan until it begins to shimmer.
- ☐ Add the onions and cook until soft, about 4 minutes.
- ☐ Add the garlic and cook, about 30 seconds. Stir in the chicken stock, pureed tomatoes, chipotle, molasses, honey, maple syrup, ancho chile powder, New Mexico chile powder, cinnamon, allspice, chile de arbol and ground cloves.
- ☐ Sprinkle with salt and pepper. Bring the mole to a simmer and cook, about 5 minutes.
- ☐ Add the almonds, chips, mangoes and raisins. Cook, stirring occasionally, until the mangoes are soft and the mixture is reduced by half, about 30 minutes. Carefully transfer the mixture to a blender and blend until smooth. Return the mixture to the saucepan over high heat.
- ☐ Add the chocolate and cook until reduced to a sauce consistency, about 10 minutes.
- ☐ Sprinkle with salt and pepper.
- ☐ For the burgers: Preheat the grill to high for direct heat. Divide the ground meat into 4 equal portions, 6 ounces each. Form each portion into a 3/4-inch burger. Make a deep impression in the center of each burger, using your thumb.
- ☐ Brush the burgers on both sides with the oil and sprinkle with salt and pepper. Grill the burgers until golden brown and slightly charred on both sides and cooked to medium doneness, about 8 minutes. About a minute before removing the burgers from the grill, top with the Manchego and cover the grill.
- ☐ Transfer the burgers to the buns and top with a large dollop of the mole sauce, a few slices of avocado and some of the pickled habanero onions.

Nutrition Facts



Properties

Glycemic Index:173.07, Glycemic Load:34.43, Inflammation Score:-10, Nutrition Score:47.203913108162%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg

Nutrients (% of daily need)

Calories: 977.7kcal (48.89%), Fat: 40.5g (62.3%), Saturated Fat: 12.68g (79.22%), Carbohydrates: 96.63g (32.21%), Net Carbohydrates: 84.33g (30.66%), Sugar: 49.55g (55.06%), Cholesterol: 129.61mg (43.2%), Sodium: 2033.31mg (88.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 61.98g (123.96%), Vitamin B3: 23.98mg (119.91%), Vitamin B6: 2.18mg (108.87%), Selenium: 59.65µg (85.22%), Manganese: 1.5mg (74.84%), Phosphorus: 647.48mg (64.75%), Vitamin A: 2867.23IU (57.34%), Potassium: 1817.63mg (51.93%), Calcium: 511.4mg (51.14%), Vitamin E: 7.46mg (49.73%), Fiber: 12.31g (49.23%), Vitamin B2: 0.8mg (46.91%), Magnesium: 186.24mg (46.56%), Vitamin C: 37.91mg (45.95%), Iron: 7.05mg (39.19%), Copper: 0.77mg (38.31%), Vitamin B1: 0.55mg (36.7%), Folate: 136.87µg (34.22%), Zinc: 5.04mg (33.59%), Vitamin K: 33.71µg (32.11%), Vitamin B5: 2.73mg (27.33%), Vitamin B12: 0.97µg (16.1%), Vitamin D: 0.68µg (4.54%)