



Salsa Topped Grilled Taco Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 oz taco seasoning
- ☐ 4 oz monterrey jack cheese
- ☐ 4 hawaiian rolls split
- ☐ 1 avocado pitted peeled sliced
- ☐ 0.3 cup salsa thick
- ☐ 1 jalapeno chopped

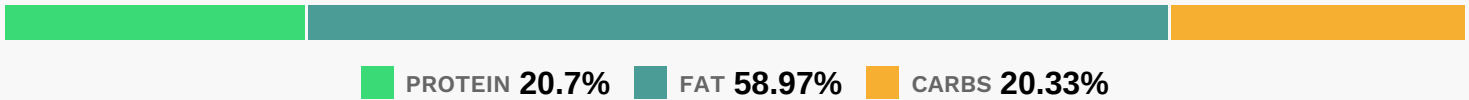
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill. In medium bowl, mix beef and taco seasoning mix. Shape mixture into 4 patties, about 3/4 inch thick.
- ☐ Place patties on grill over medium heat. Cover grill; cook 13 to 15 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F. Top each patty with cheese slice. Cook 1 to 2 minutes longer or until cheese begins to melt.
- ☐ Serve in buns with avocado and salsa. Top with chopped chile.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:13.34, Inflammation Score:-7, Nutrition Score:23.449130498845%

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 Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 613.2kcal (30.66%), Fat: 40.38g (62.13%), Saturated Fat: 15.55g (97.22%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 25.47g (9.26%), Sugar: 5.7g (6.33%), Cholesterol: 105.74mg (35.25%), Sodium: 1140.53mg (49.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.89g (63.78%), Selenium: 33.18µg (47.4%), Vitamin B12: 2.75µg (45.8%), Zinc: 6.26mg (41.76%), Vitamin B3: 7.72mg (38.59%), Phosphorus: 380.71mg (38.07%), Calcium: 304.82mg (30.48%), Vitamin B6: 0.59mg (29.41%), Vitamin B2: 0.48mg (28.18%), Iron: 4.71mg (26.17%), Folate: 95.76µg (23.94%), Fiber: 5.86g (23.45%), Vitamin B1: 0.33mg (21.82%), Vitamin A: 1072.4IU (21.45%), Potassium: 675.92mg (19.31%), Manganese: 0.35mg (17.27%), Vitamin C: 13.23mg (16.04%), Vitamin K: 16.7µg (15.9%), Vitamin B5: 1.37mg (13.71%), Magnesium: 54.36mg (13.59%), Vitamin E: 2.02mg (13.46%), Copper: 0.23mg (11.64%), Vitamin D: 0.28µg (1.89%)