

Santa Fe Burger

READY IN



55 min.

SERVINGS



4

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 tablespoons canola oil
- 12 tortilla chips blue yellow
- 1 tablespoon flour all-purpose
- 4 hamburger buns split toasted (see below)
- 4 servings kosher salt and pepper black freshly ground
- 1.5 pounds pd of ground turkey lean (80 percent) (90 percent)
- 2 cups monterrey jack cheese grated
- 1 large poblano chile
- 1 tablespoon butter unsalted

1.5 cups milk whole

Equipment

bowl

frying pan

baking sheet

sauce pan

oven

whisk

plastic wrap

grill

broiler

grill pan

Directions

Watch how to make this recipe.

Preheat the oven to 375 degrees F.

Put the chile on a rimmed baking sheet, rub with 1 tablespoon of the oil, and season with salt and pepper. Roast in the oven until the skin of the chile is blackened, about 15 minutes.

Remove the chile from the oven, place in a bowl, cover with plastic wrap, and let the chile steam for 15 minutes. Peel, stem, and seed the chile and then coarsely chop it.

To make the queso sauce, melt the butter in a small saucepan over medium heat.

Whisk in the flour and cook for 1 minute.

Add the milk, increase the heat to high, and cook, whisking constantly, until slightly thickened, about 5 minutes.

Remove from the heat and whisk in the cheese until melted; season with salt and pepper. Keep warm.

Divide the meat into 4 equal portions (about 6 ounces each). Form each portion loosely into a 3/4-inch-thick burger and make a deep depression in the center with your thumb. Season both sides of each burger with salt and pepper. Cook the burgers, using the remaining 1 1/2

tablespoons oil. See how Bobby cooks perfect burgers

Place the burgers on the bun bottoms and top each with a few tablespoons of queso sauce, chips, and some of the poblano. Cover with the bun tops and serve immediately.

Toasted Burger Buns

I think the taste and the texture of buns are best when lightly toasted. To toast a bun on a grill, grill pan, or griddle, split the bun open, place it cut side down on the grill, and grill until light golden brown, about 10 seconds. Alternatively, you can place the split bun halves cut side up on a baking sheet and cook them under a preheated broiler until light golden brown, about 30 seconds. Keep a close eye on them and don't let them get too brown or else that texture will take on a life of its own and defeat the purpose of starting with a soft bun.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:15.77, Inflammation Score:-8, Nutrition Score:34.432174185048%

Flavonoids

Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 736.32kcal (36.82%), Fat: 38.59g (59.37%), Saturated Fat: 16.41g (102.54%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 33.67g (12.24%), Sugar: 8.88g (9.86%), Cholesterol: 162.34mg (54.11%), Sodium: 704.13mg (30.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.36g (124.72%), Vitamin B3: 18.84mg (94.22%), Selenium: 60.29µg (86.13%), Vitamin B6: 1.69mg (84.72%), Phosphorus: 804.3mg (80.43%), Calcium: 616.26mg (61.63%), Vitamin C: 33.52mg (40.63%), Vitamin B2: 0.68mg (40.08%), Zinc: 5.57mg (37.15%), Vitamin B12: 1.92µg (32.04%), Vitamin B1: 0.45mg (29.98%), Magnesium: 97.77mg (24.44%), Potassium: 829.57mg (23.7%), Vitamin B5: 2.12mg (21.18%), Iron: 3.57mg (19.81%), Folate: 72.93µg (18.23%), Vitamin A: 865.65IU (17.31%), Vitamin E: 2.51mg (16.75%), Manganese: 0.33mg (16.68%), Vitamin K: 15.32µg (14.59%), Vitamin D: 2.08µg (13.86%), Copper: 0.2mg (10.25%), Fiber: 2.03g (8.13%)