



Santa Fe Burgers

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices avocado thin
- 11.2 ounce grain hamburger buns whole
- 3 ounce monterrey jack cheese 2% with peppers
- 0.5 cup chunky salsa
- 11.2 ounce meatless soy protein burgers frozen

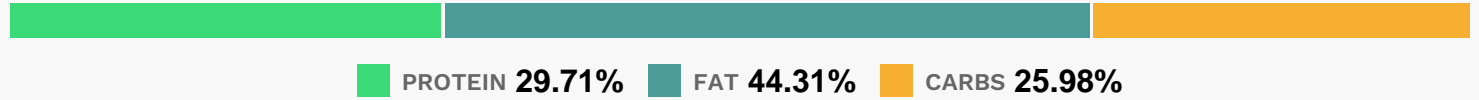
Equipment

- frying pan

Directions

- Cook burgers in a nonstick skillet according to package directions.
- Place 1 burger on bottom half of each bun; top with 1 cheese slice, 2 avocado slices, and 2 tablespoons salsa. Cover with top half of bun.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:25.95, Inflammation Score:-9, Nutrition Score:52.06521762454%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg

Nutrients (% of daily need)

Calories: 1045.7kcal (52.28%), Fat: 55.22g (84.96%), Saturated Fat: 11.29g (70.57%), Carbohydrates: 72.85g (24.28%), Net Carbohydrates: 46.83g (17.03%), Sugar: 9.05g (10.06%), Cholesterol: 18.92mg (6.31%), Sodium: 1551.1mg (67.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.32g (166.65%), Folate: 455.97µg (113.99%), Fiber: 26.02g (104.09%), Manganese: 2.08mg (103.89%), Copper: 1.94mg (96.93%), Phosphorus: 952.79mg (95.28%), Iron: 16.13mg (89.6%), Vitamin K: 67.03µg (63.83%), Vitamin B1: 0.78mg (52.06%), Vitamin B3: 9.92mg (49.62%), Potassium: 1678.41mg (47.95%), Vitamin B6: 0.95mg (47.69%), Vitamin B2: 0.79mg (46.36%), Calcium: 458.35mg (45.84%), Vitamin E: 6.71mg (44.74%), Zinc: 6.35mg (42.33%), Vitamin B5: 4.21mg (42.14%), Selenium: 26.77µg (38.24%), Vitamin C: 30.85mg (37.39%), Magnesium: 144.51mg (36.13%), Vitamin A: 746.62IU (14.93%), Vitamin B12: 0.34µg (5.59%)