



Secret Ingredient Burgers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce bacon & cheddar chipotle potatoes mashed flavored idahoan®
- ☐ 2 pounds ground round
- ☐ 1 cup mexican cheese blend shredded

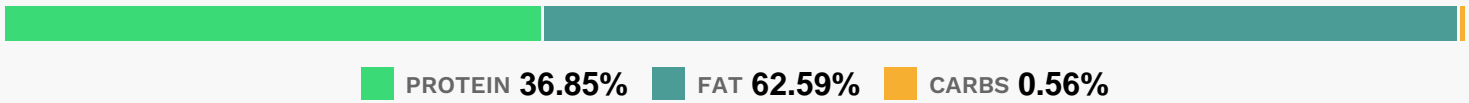
Equipment

- ☐ grill

Directions

- ☐ Mix 1/2 of the package of dry mashed potatoes in burger.
- ☐ Prepare the other half of the package of mashed potatoes with 1 cup hot water and let cool to room temperature.
- ☐ Once cooled, add cheese and diced peppers, if using, and mix thoroughly.
- ☐ Form 8 thin burger patties.
- ☐ Place 2 tablespoons of mashed potatoes on top of each of 4 of the patties. Top with another patty and seal edges.
- ☐ Using your favorite method (we like the grill), cook to desired doneness.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:25.2904346974%

Nutrients (% of daily need)

Calories: 617.62kcal (30.88%), Fat: 41.91g (64.48%), Saturated Fat: 17.73g (110.83%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.34g (0.38%), Cholesterol: 192.73mg (64.24%), Sodium: 507.32mg (22.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.52g (111.03%), Vitamin B12: 5.5µg (91.64%), Zinc: 12.04mg (80.27%), Selenium: 47.55µg (67.92%), Vitamin B3: 12.68mg (63.38%), Phosphorus: 580.77mg (58.08%), Vitamin B6: 0.93mg (46.47%), Iron: 5.36mg (29.79%), Vitamin B2: 0.47mg (27.4%), Potassium: 807.95mg (23.08%), Calcium: 213.15mg (21.32%), Vitamin B5: 1.58mg (15.76%), Magnesium: 55.76mg (13.94%), Vitamin B1: 0.18mg (12%), Copper: 0.18mg (9.11%), Vitamin E: 0.92mg (6.12%), Folate: 17.25µg (4.31%), Vitamin A: 195.01IU (3.9%), Vitamin D: 0.48µg (3.2%), Vitamin K: 2.51µg (2.39%), Manganese: 0.03mg (1.6%)