



SoCal Guacamole Burger

READY IN



15 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup alfalfa sprouts
- 1 avocado divided ripe peeled
- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon ground cumin
- 1 pound ground sirloin 90% lean
- 6 ounce whole-grain hamburger buns
- 1 jalapeno seeded chopped
- 0.5 teaspoon kosher salt divided
- 2 teaspoons juice of lime fresh

- 1 tablespoon canola mayonnaise (such as Hellmann's)
- 1 tablespoon cup heavy whipping cream light sour
- 0.3 cup tomatoes seeded chopped

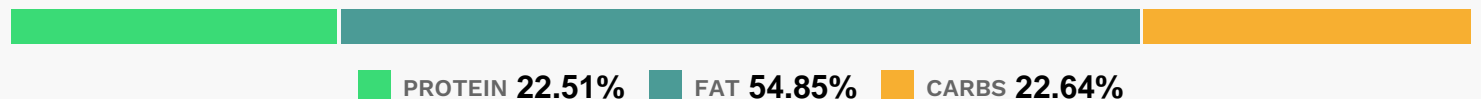
Equipment

- bowl
- grill

Directions

- Preheat grill to medium-high heat.
- Place half of avocado in a bowl; mash with a fork until almost smooth.
- Add sour cream and next 3 ingredients to bowl; stir to combine. Dice remaining half of avocado.
- Add diced avocado, tomato, jalapeo, and 1/8 teaspoon salt to bowl; stir gently to combine.
- Divide beef into 4 equal portions. Gently shape each portion into a (1/2-inch-thick) patty. Press a nickel-sized indentation in center of each patty.
- Sprinkle evenly with remaining 3/8 teaspoon salt and pepper.
- Place burgers on a grill rack coated with cooking spray. Grill 3 minutes on each side or until desired degree of doneness. Lightly coat cut sides of buns with cooking spray.
- Place buns, cut sides down, on grill rack; grill 1 minute or until toasted.
- Place 1/4 cup sprouts on bottom half of each bun; top each with 1 patty, about 3 tablespoons guacamole, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:13.3, Inflammation Score:-5, Nutrition Score:20.675217537776%

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 Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 477.28kcal (23.86%), Fat: 29.12g (44.81%), Saturated Fat: 8.7g (54.4%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 22.46g (8.17%), Sugar: 3.99g (4.43%), Cholesterol: 79.63mg (26.54%), Sodium: 605.34mg (26.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.9g (53.79%), Selenium: 29.94µg (42.77%), Vitamin B12: 2.56µg (42.71%), Vitamin B3: 8.09mg (40.47%), Zinc: 5.84mg (38.96%), Vitamin B6: 0.58mg (28.92%), Phosphorus: 276.69mg (27.67%), Iron: 4.34mg (24.09%), Folate: 94.05µg (23.51%), Vitamin K: 24.16µg (23.01%), Vitamin B2: 0.38mg (22.62%), Vitamin B1: 0.33mg (21.84%), Potassium: 688.68mg (19.68%), Manganese: 0.37mg (18.62%), Fiber: 4.59g (18.36%), Vitamin C: 12.89mg (15.63%), Vitamin B5: 1.4mg (14%), Vitamin E: 1.9mg (12.69%), Magnesium: 50.1mg (12.52%), Copper: 0.24mg (12.22%), Calcium: 95.33mg (9.53%), Vitamin A: 243.37IU (4.87%)