



Southwest

READY IN

ready

80 min.

SERVINGS

servings

6

CALORIES

calories

823 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ancho chile and pasilla chile dried stemmed seeded for at
- ☐ 2 avocados pitted ripe peeled
- ☐ 2 pounds beef freshly ground *see cook's note below
- ☐ 0.5 jalapeño chile pepper finely minced
- ☐ 0.5 to 1 jalapeno chile pepper fresh minced
- ☐ 1 chipotle chile in adobo sauce
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 teaspoon ground cumin
- ☐ 6 hamburger buns soft
- ☐ 1 juice of lime juiced
- ☐ 1 lime zest
- ☐ 3 cups napa cabbage thinly sliced
- ☐ 0.3 cup onion minced
- ☐ 0.3 cup bell pepper red minced
- ☐ 0.3 cup red wine hearty plus more if needed like Zinfandel or Cabernet Sauvignon
- ☐ 1 teaspoon salt
- ☐ 6 servings salt and pepper
- ☐ 6 ounce sharp cheddar
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 large tomatoes diced ripe
- ☐ 2 tablespoons tomato paste
- ☐ 30 least minutes
- ☐ 6 servings tom wickham
- ☐ 6 servings tom wickham

Equipment

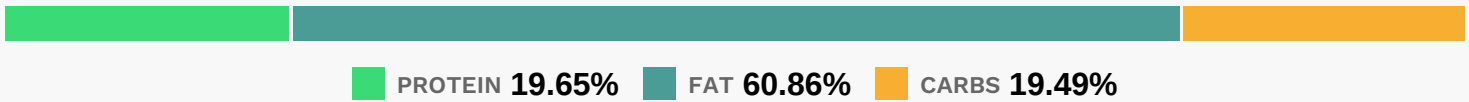
- ☐ food processor
- ☐ blender
- ☐ potato masher
- ☐ grill

Directions

- ☐ To make the slaw: mix all the slaw ingredients together. Set aside for at least 30 minutes to let flavors meld.
- ☐ Prepare charcoal grill for medium-hot direct-heat cooking.

- ☐ To make the Chili Rojo: add all chili ingredients, except extra wine, to a blender or food processor. Puree thoroughly, using extra wine if necessary to make a thick, smooth sauce.
- ☐ To make the burger patties: take 6 tablespoons ground beef and mix with 6 tablespoons Chile Rojo. Make 6 equal hand-formed patties with the remaining ground beef.
- ☐ Place 2 tablespoons of the chile mixture onto the center of each patty. Carefully enclose each patty around the chile mixture to form a ball. Carefully flatten each ball back into a thick patty, keeping the chile mixture inside. Season the patties liberally with salt and pepper.
- ☐ To make the Crema: mash the avocados in a food processor or with a potato masher.
- ☐ Add the rest of the ingredients and fold gently until thoroughly mixed.
- ☐ When the grill is hot, oil the grill rack and cook the burgers over a medium-high flame until done, about 3 minutes per side for medium rare. If the exterior of the patties begins to burn, move them to a cooler side of the grill until the centers have had a chance to cook.
- ☐ Add a slice of cheese to each patty about 1 minute before they are done.
- ☐ Let patties rest off the heat for 1 or 2 minutes after cooking, and meanwhile toast the buns on a cooler side of the grill.
- ☐ To assemble the burgers: spread each bun bottom with a layer of Avocado Crema.
- ☐ Add about 1/3 cup slaw, a patty with melted cheese, then a tablespoon of chili ketchup, and finally the bun top.

Nutrition Facts



Properties

Glycemic Index:80.67, Glycemic Load:15.04, Inflammation Score:-9, Nutrition Score:37.036086984303%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 5.25mg, Hesperetin: 5.25mg, Hesperetin: 5.25mg, Hesperetin: 5.25mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg

0.47mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 822.55kcal (41.13%), Fat: 55.86g (85.93%), Saturated Fat: 20.87g (130.47%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 31.29g (11.38%), Sugar: 9.48g (10.53%), Cholesterol: 147.01mg (49%), Sodium: 1153.65mg (50.16%), Alcohol: 1.05g (100%), Alcohol %: 0.32% (100%), Protein: 40.57g (81.14%), Selenium: 44.56µg (63.65%), Vitamin B12: 3.66µg (61.04%), Vitamin A: 2830.81IU (56.62%), Zinc: 8.49mg (56.6%), Vitamin B3: 10.54mg (52.68%), Vitamin C: 42.94mg (52.05%), Phosphorus: 503.87mg (50.39%), Vitamin B6: 0.96mg (48.01%), Vitamin K: 49.74µg (47.38%), Vitamin B2: 0.72mg (42.32%), Folate: 155.32µg (38.83%), Calcium: 369.09mg (36.91%), Fiber: 8.95g (35.79%), Iron: 6.18mg (34.32%), Potassium: 1196.34mg (34.18%), Manganese: 0.58mg (29.19%), Vitamin B1: 0.4mg (26.99%), Vitamin E: 3.37mg (22.45%), Magnesium: 84.88mg (21.22%), Vitamin B5: 2.07mg (20.74%), Copper: 0.37mg (18.33%), Vitamin D: 0.32µg (2.14%)