



## Southwest Burger

READY IN



45 min.

SERVINGS



1

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon cilantro leaves fresh chopped
- 1 teaspoon grill seasoning
- 0.3 pound ground sirloin 96% lean
- 1 serving hot sauce
- 2 teaspoons catsup
- 0.5 slice pepper jack cheese reduced-fat
- 1 teaspoon scallion chopped
- 1 leaf tomatoes red sliced
- 1 roll whole wheat 100% arnold® sandwich thins®

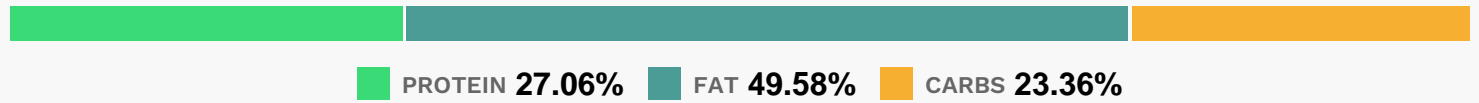
# Equipment

- bowl
- frying pan
- grill

# Directions

- Pre-heat grill or non-stick skillet to medium-high. In a small bowl, combine ground sirloin, seasoning, cilantro and scallions and form into a patty about 1/2" thick. Grill patty 3-4 minutes each side. At the last minute of cooking, top patty with pepper jack cheese.
- Spread one side of the Sandwich Thins roll with ketchup and sprinkle hot sauce to taste. Assemble sandwich by topping patty with sliced tomato, onion, avocado and lettuce. \*Recipe can be made by substituting lean ground turkey or veggie burger patty. Cook veggie patty according to package instructions and omit cilantro and scallions.

# Nutrition Facts



# Properties

Glycemic Index:118, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:19.152608814447%

# Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

# Nutrients (% of daily need)

Calories: 418.63kcal (20.93%), Fat: 23.06g (35.47%), Saturated Fat: 9.35g (58.45%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 22.4g (8.15%), Sugar: 5.15g (5.72%), Cholesterol: 86.46mg (28.82%), Sodium: 438.23mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.32g (56.64%), Selenium: 33.98µg (48.54%), Vitamin B12: 2.55µg (42.54%), Zinc: 5.96mg (39.72%), Vitamin B3: 7.51mg (37.54%), Manganese: 0.62mg (31.06%), Phosphorus: 302.54mg (30.25%), Iron: 5mg (27.77%), Vitamin B6: 0.49mg (24.35%), Vitamin K: 24µg (22.85%), Vitamin B2: 0.38mg (22.08%), Vitamin B1: 0.27mg (17.71%), Calcium: 161.25mg (16.13%), Folate: 63.84µg (15.96%), Potassium: 464.45mg (13.27%), Magnesium: 49.36mg (12.34%), Copper: 0.2mg (10.21%), Vitamin B5: 0.87mg (8.74%), Fiber: 2.04g (8.15%), Vitamin E: 0.66mg (4.43%), Vitamin A: 211.55IU (4.23%), Vitamin C: 1.2mg (1.46%), Vitamin D: 0.18µg (1.18%)