

Southwest Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black to taste
- 4 slices cheese smoked
- 0.5 teaspoon chili powder
- 2 tablespoons cilantro leaves chopped
- 0.5 teaspoon ground cumin
- 1 pound hotdog buns hot bob evans®
- 0.3 cup salsa
- 2 tablespoons onion diced red
- 4 frangelico hard

4 frangelico hard

Equipment

bowl

grill

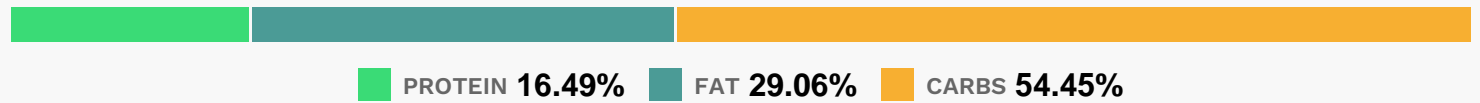
cutting board

Directions

On a clean cutting board, wash and chop cilantro and onions separately. In a large bowl combine sausage, salsa, onions, cilantro and seasonings. Form into 4 to 5 long oval patties, depending on size desired. Over medium heat on grill, cook burgers on each side until done (no longer pink in the center), about 10–15 minutes** (depending on size). Melt cheese if desired over top before serving.

Serve with rolls, salsa or favorite condiments and tortilla chips. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:34.26, Inflammation Score:-6, Nutrition Score:16.881304502487%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 439.27kcal (21.96%), Fat: 14.09g (21.67%), Saturated Fat: 6.35g (39.67%), Carbohydrates: 59.36g (19.79%), Net Carbohydrates: 56.8g (20.65%), Sugar: 9.2g (10.23%), Cholesterol: 28mg (9.33%), Sodium: 854.74mg (37.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.97%), Selenium: 39.01µg (55.73%), Vitamin B1: 0.63mg (42.29%), Calcium: 370.68mg (37.07%), Manganese: 0.68mg (34.04%), Folate: 114.31µg (28.58%), Vitamin B2: 0.47mg (27.68%), Phosphorus: 251.67mg (25.17%), Vitamin B3: 4.99mg (24.93%), Iron: 4.24mg (23.53%), Zinc: 1.92mg (12.81%), Fiber: 2.56g (10.25%), Magnesium: 38.09mg (9.52%), Vitamin A: 451.14IU (9.02%), Vitamin B12: 0.52µg (8.73%), Copper: 0.15mg (7.59%), Vitamin K: 7.88µg (7.5%), Vitamin B6: 0.13mg (6.61%), Potassium: 220.85mg (6.31%), Vitamin E: 0.83mg (5.5%), Vitamin C: 2.23mg (2.7%), Vitamin B5: 0.16mg (1.59%), Vitamin D:

0.17µg (1.12%)