



## Southwest-Styled Hamburgers

READY IN



30 min.

SERVINGS



30

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup avocado oil mayonnaise divided kraft
- 0.5 cup milk colby & monterey jack cheeses shredded 2% kraft
- 1.5 lb extra-lean ground beef
- 6 lettuce leaves
- 0.3 cup taco bellâ® & chunky salsa thick divided
- 1 oz taco bellâ® taco seasoning mix
- 1 large tomatoes cut into 6 slices
- 6 hamburger buns whole wheat

# Equipment

grill

# Directions

- Heat grill to medium heat.
- Mix meat, seasoning mix and 3 Tbsp. mayonnaise just until blended; shape into 12 (1/4-inch-thick) patties.
- Combine cheese and 2 Tbsp. salsa; spoon onto centers of 6 patties. Cover with remaining patties; pinch edges together to seal.
- Grill 5 to 6 min. on each side or until done (160F). Meanwhile, mix remaining mayonnaise and salsa until blended.
- Place lettuce on bottom halves of buns; top with tomatoes, burgers and mayonnaise mixture. Cover with tops of buns.

# Nutrition Facts



# Properties

Glycemic Index:1.77, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:4.5443477805542%

# Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 83.69kcal (4.18%), Fat: 4.21g (6.48%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 4.45g (1.62%), Sugar: 1.04g (1.16%), Cholesterol: 16.15mg (5.38%), Sodium: 161.58mg (7.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.75%), Vitamin A: 526.84IU (10.54%), Selenium: 7.18µg (10.25%), Zinc: 1.34mg (8.94%), Vitamin B12: 0.53µg (8.79%), Vitamin B3: 1.73mg (8.65%), Phosphorus: 69.48mg (6.95%), Manganese: 0.12mg (5.88%), Iron: 1.04mg (5.8%), Vitamin B6: 0.11mg (5.62%), Vitamin B2: 0.08mg (4.67%), Vitamin B1: 0.06mg (3.94%), Folate: 14.34µg (3.59%), Potassium: 124.95mg (3.57%), Calcium: 28.6mg (2.86%), Magnesium: 11.14mg (2.78%), Fiber: 0.68g (2.72%), Vitamin C: 2.16mg (2.62%), Copper: 0.04mg (2.14%), Vitamin B5: 0.2mg (2.04%)