



Southwestern Burger

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 hawaiian rolls whole-wheat
- ☐ 1 egg whites
- ☐ 2 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 cup ears corn fresh
- ☐ 1 pound ground beef lean (or ground beef)
- ☐ 0.5 tsp hot sauce
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 bell pepper red cored finely grated seeded

- ☐ 1 teaspoon salt
- ☐ 1 cup tomatoes diced

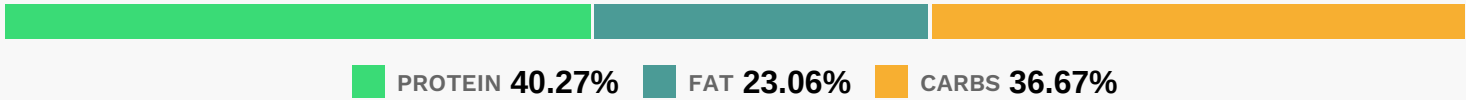
Equipment

- ☐ bowl
- ☐ grill
- ☐ microwave

Directions

- ☐ Coat grill with cooking spray; heat on high.
- ☐ Mix sirloin, pepper, egg white, 1/2 teaspoon of the salt and hot sauce in a bowl. Form into four 4-inch patties. Set aside. Cook corn with 1 tablespoon water in microwave 30 seconds; mix with tomato, cilantro, juice and remaining 1/2 teaspoon salt in another bowl. Grill burgers 12 minutes, turning halfway through, until no longer pink in the center.
- ☐ Place on buns and top with salsa.
- ☐ Serve with Grilled Tricolor Peppers.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:13.45, Inflammation Score:-7, Nutrition Score:20.196956520495%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 306.43kcal (15.32%), Fat: 7.73g (11.9%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 25.75g (9.36%), Sugar: 6g (6.66%), Cholesterol: 70.31mg (23.44%), Sodium: 902.28mg (39.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.78%), Selenium: 33.06µg (47.23%), Vitamin B12: 2.63µg (43.88%), Vitamin B3: 8.73mg (43.66%), Zinc: 6.28mg (41.85%), Vitamin C: 27.56mg (33.41%), Phosphorus: 298.71mg (29.87%), Vitamin B6: 0.56mg (28.23%), Iron: 4.45mg (24.74%), Vitamin B1: 0.33mg (22.1%), Vitamin B2: 0.37mg (22.02%), Potassium: 632.06mg (18.06%), Manganese: 0.34mg (17.1%), Folate: 66.97µg (16.74%), Vitamin A: 826.7IU (16.53%), Magnesium: 48.65mg (12.16%), Vitamin B5: 0.96mg (9.59%), Copper: 0.17mg (8.61%), Calcium: 78.85mg (7.88%), Fiber: 1.92g (7.67%), Vitamin K: 6.79µg (6.46%), Vitamin E: 0.9mg (5.98%)