



Southwestern Burgers

READY IN



19 min.

SERVINGS



4

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado sliced
- ☐ 0.8 teaspoon chipotle sauce
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 pounds ground sirloin
- ☐ 4 slices pepper jack cheese
- ☐ 1 teaspoon salt
- ☐ 0.5 cup onion sweet finely chopped
- ☐ 8 slices bacon cooked
- ☐ 4 slices tomato

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4 sandwich rolls split

Equipment

☐

bowl

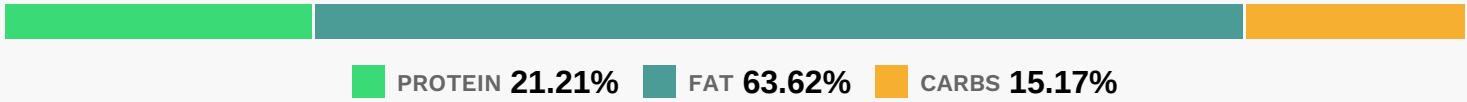
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grill

Directions

- ☐ Combine first 5 ingredients in a large bowl; mix well. Shape into 4 patties.
- ☐ Grill patties, covered, over high heat (450 to 60
- ☐ for 5 minutes. Turn patties over; grill 2 to 3 minutes or until cooked to desired degree of doneness.
- ☐ Place 1 cheese slice on each patty; grill 1 more minute or until cheese melts.
- ☐ Place rolls, cut-sides down, on grill rack; cover and grill 1 minute or until toasted.
- ☐ Place 1 patty on bottom half of each roll; top with tomato, avocado, bacon, jalapeos, if desired, and top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:32.79130445356%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 1003.18kcal (50.16%), Fat: 70.46g (108.4%), Saturated Fat: 25g (156.24%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 32.62g (11.86%), Sugar: 2.87g (3.19%), Cholesterol: 181.88mg (60.63%), Sodium: 1613.16mg (70.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.85g (105.7%), Selenium: 67.01µg (95.73%), Vitamin

B3: 14.17mg (70.85%), Vitamin B12: 4.23µg (70.42%), Zinc: 10.01mg (66.74%), Phosphorus: 579.05mg (57.91%), Vitamin B6: 0.97mg (48.74%), Vitamin B1: 0.59mg (39.41%), Vitamin B2: 0.66mg (38.91%), Iron: 6.54mg (36.33%), Potassium: 1001.86mg (28.62%), Folate: 113.64µg (28.41%), Calcium: 255.07mg (25.51%), Vitamin B5: 2.33mg (23.3%), Fiber: 5.19g (20.75%), Manganese: 0.4mg (19.76%), Magnesium: 78.64mg (19.66%), Copper: 0.36mg (17.79%), Vitamin E: 2.3mg (15.33%), Vitamin K: 13.8µg (13.14%), Vitamin C: 6.16mg (7.47%), Vitamin A: 276.38IU (5.53%), Vitamin D: 0.58µg (3.89%)