



Southwestern Hamburgers

 Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado pitted ripe peeled coarsely chopped
- 1 teaspoon chili powder
- 0.3 teaspoon pepper red crushed
- 1 pound ground beef
- 4 hamburger buns whole-wheat
- 1 tablespoon juice of lime
- 1.5 teaspoons salt
- 1 tablespoon shallots finely chopped

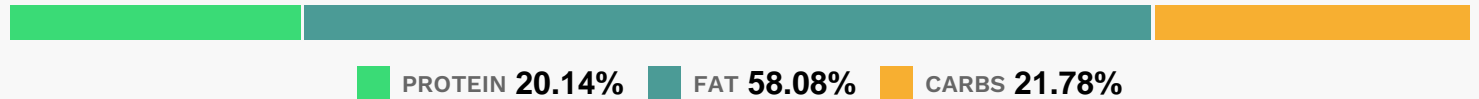
Equipment

- bowl
- plastic wrap
- broiler

Directions

- Preheat broiler to high; place a rack about 8 inches from heat source.
- Combine avocado, shallot, lime juice, crushed red pepper and 1/2 tsp. salt in a bowl. Lightly mash avocado with back of a fork to break up chunks. Cover with plastic wrap, pressing directly onto surface of guacamole, and chill until ready to serve.
- Sprinkle beef with chili powder and 1 tsp. salt.
- Mix gently with your hands to distribute seasonings. Shape into 4 patties. Broil hamburgers until they reach desired doneness, turning once, about 8 minutes for medium-rare.
- Serve hamburgers on buns with guacamole on top.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:13.35, Inflammation Score:-5, Nutrition Score:18.999565300734%

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: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 492.9kcal (24.65%), Fat: 31.84g (48.99%), Saturated Fat: 10.15g (63.43%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 22.42g (8.15%), Sugar: 3.77g (4.19%), Cholesterol: 80.51mg (26.84%), Sodium: 1174.59mg (51.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.84g (49.68%), Vitamin B12: 2.51µg (41.88%),

Selenium: 29.07µg (41.53%), Vitamin B3: 7.55mg (37.74%), Zinc: 5.42mg (36.12%), Vitamin B6: 0.55mg (27.28%), Phosphorus: 252.63mg (25.26%), Iron: 4.1mg (22.78%), Folate: 90.46µg (22.62%), Vitamin B2: 0.37mg (21.64%), Vitamin B1: 0.32mg (21.33%), Potassium: 627.45mg (17.93%), Fiber: 4.45g (17.81%), Manganese: 0.34mg (17.07%), Vitamin K: 15.36µg (14.63%), Vitamin B5: 1.28mg (12.85%), Vitamin E: 1.87mg (12.46%), Magnesium: 45.52mg (11.38%), Copper: 0.22mg (11.08%), Calcium: 92.41mg (9.24%), Vitamin C: 6.91mg (8.38%), Vitamin A: 261.08IU (5.22%)