



Spicy Cheddar-Stuffed Burgers

READY IN



26 min.

SERVINGS



4

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce cheddar cheese thick cut into 4 (1.25-ounce) slices
- 7 ounce chipotle peppers in adobo sauce undrained canned
- 2 pounds ground beef lean
- 4 sesame seed hamburger buns
- 2 teaspoons steak seasoning
- 1 slices toppings: tomato onion red yellow

Equipment

- bowl

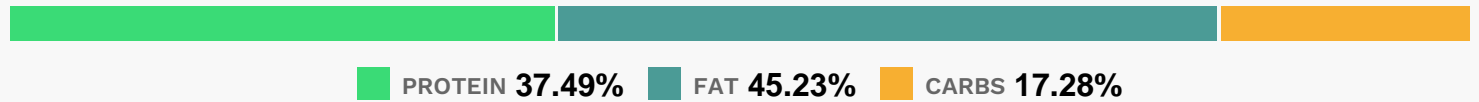
blender

grill

Directions

- Process chipotle peppers in a blender until smooth. Measure 4 teaspoons puree, reserving remainder for another use, if desired.
- Combine 4 teaspoons puree, ground beef, and steak seasoning in a large bowl until blended. (Do not overwork meat mixture.) Shape mixture into 8 (4-inch) patties; place 1 cheese slice on each of 4 patties. Top with remaining 4 patties, pressing edges to seal. Cover and chill at least 30 minutes.
- Grill, covered with grill lid, over medium-high heat (350 to 400°F)
- to 8 minutes on each side or until beef is no longer pink.
- Serve burgers on buns with desired toppings.
- Note: For testing purposes only, we used McCormick Grill Mates Montreal Steak Seasoning and Cracker Barrel Sharp Cheddar Cheese.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:13.19, Inflammation Score:-7, Nutrition Score:36.906956364279%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 754.64kcal (37.73%), Fat: 37.17g (57.19%), Saturated Fat: 19.1g (119.38%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 26.11g (9.5%), Sugar: 6.67g (7.41%), Cholesterol: 211.49mg (70.5%), Sodium: 823.94mg (35.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.32g (138.64%), Selenium: 71.15µg (101.65%), Vitamin B12: 5.92µg (98.61%), Zinc: 14.49mg (96.58%), Phosphorus: 818.37mg (81.84%), Vitamin B3: 14.3mg (71.52%), Calcium: 592.73mg (59.27%), Vitamin B6: 0.98mg (48.91%), Vitamin B2: 0.81mg (47.41%), Iron: 8.52mg (47.31%), Potassium: 898.6mg (25.67%), Fiber: 5.84g (23.38%), Vitamin B1: 0.35mg (23.14%), Magnesium: 81.08mg (20.27%), Vitamin B5: 1.75mg (17.49%), Folate: 67.89µg (16.97%), Manganese: 0.33mg (16.69%), Vitamin A: 761.16IU (15.22%), Copper: 0.25mg (12.64%), Vitamin K: 12.73µg (12.13%), Vitamin E: 1.29mg (8.63%), Vitamin D: 0.65µg (4.35%)