



Spicy Serrano Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef 90% lean ()
- 2 tablespoons butter softened
- 0.3 cup beer dark guinness® (such as)
- 4 slices monterrey jack cheese with jalapeno peppers
- 6 inch serrano chiles diced

Equipment

- bowl
- grill

kitchen thermometer

Directions

- Preheat an outdoor grill for high heat and lightly oil the grate.
- Mix ground beef, beer, serrano pepper, and butter together in a bowl; form into 4 patties.
- Cook the burgers on the preheated grill for 5 minutes. Flip and continue cooking for 3 minutes. Top each burger with 1 slice Monterey Jack cheese and cook until burgers are no longer pink in the center and the juices run clear, about 2 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts

 **PROTEIN 33.74%**  **FAT 65.15%**  **CARBS 1.11%**

Properties

Glycemic Index:29.38, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:14.026956477891%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 361.77kcal (18.09%), Fat: 25.52g (39.26%), Saturated Fat: 13.55g (84.69%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.29g (0.32%), Cholesterol: 113.68mg (37.89%), Sodium: 288.82mg (12.56%), Alcohol: 0.58g (100%), Alcohol %: 0.44% (100%), Protein: 29.73g (59.47%), Vitamin B12: 2.75µg (45.89%), Zinc: 6.29mg (41.93%), Phosphorus: 338.24mg (33.82%), Selenium: 23.06µg (32.94%), Vitamin B3: 5.91mg (29.57%), Vitamin B6: 0.47mg (23.34%), Calcium: 225.18mg (22.52%), Vitamin B2: 0.3mg (17.37%), Iron: 2.78mg (15.44%), Potassium: 403.97mg (11.54%), Vitamin A: 425.95IU (8.52%), Magnesium: 32.1mg (8.03%), Vitamin B5: 0.75mg (7.55%), Copper: 0.1mg (4.81%), Vitamin E: 0.62mg (4.16%), Vitamin B1: 0.05mg (3.66%), Folate: 13.82µg (3.45%), Vitamin K: 2.55µg (2.43%), Vitamin C: 1.71mg (2.07%), Vitamin D: 0.28µg (1.88%), Manganese: 0.02mg (1.14%)