



WHATSheATE



Stretch a Buck Turkey and Bean Burrito Burgers

READY IN



36 min.

SERVINGS



4

CALORIES



702 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe
- ☐ 1 cup brown rice white leftover cold
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 1 tablespoon canola oil
- ☐ 4 servings palmful chili powder
- ☐ 1.5 teaspoons coriander
- ☐ 4 crusty rolls split
- ☐ 1 clove garlic grated finely chopped

- ☐ 1 tablespoon grill seasoning (recommended: Montreal Seasoning by McCormick)
- ☐ 1 pound pd of ground turkey
- ☐ 1.5 teaspoons half a palmful
- ☐ 4 leaf lettuce leaves red
- ☐ 1 lime zest juiced
- ☐ 0.5 small onion red finely chopped
- ☐ 1 serrano chiles seeded finely chopped
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tomatoes ripe sliced

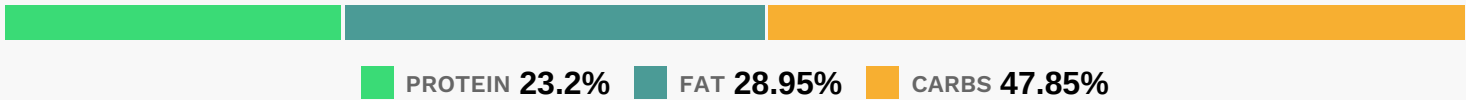
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine rice, meat and beans with spices and grill seasoning. Form 4 big patties from the meat and bean mixture then heat 1 tablespoon oil, a turn of the pan, in a large skillet over medium-high heat. Cook patties 7 to 8 minutes on each side.
- ☐ While burgers cook, combine avocado with garlic, lime zest and juice, jalapeno and red onion. Mash to roughly combine, then stir in the sour cream.
- ☐ Place burgers on buns with lettuce and tomato and top with sour cream guacamole.

Nutrition Facts



Properties

Glycemic Index:75.69, Glycemic Load:26.82, Inflammation Score:-9, Nutrition Score:37.605217415354%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg 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 Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 702.47kcal (35.12%), Fat: 23.09g (35.52%), Saturated Fat: 5.81g (36.32%), Carbohydrates: 85.86g (28.62%), Net Carbohydrates: 72.65g (26.42%), Sugar: 4.53g (5.03%), Cholesterol: 79.99mg (26.66%), Sodium: 641.08mg (27.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.64g (83.27%), Manganese: 2.61mg (130.6%), Vitamin B3: 16.64mg (83.2%), Vitamin B6: 1.57mg (78.61%), Phosphorus: 590.64mg (59.06%), Selenium: 39.13µg (55.89%), Fiber: 13.21g (52.84%), Magnesium: 173.76mg (43.44%), Vitamin B1: 0.62mg (41.33%), Folate: 146.42µg (36.6%), Potassium: 1251.91mg (35.77%), Iron: 5.7mg (31.69%), Zinc: 4.59mg (30.58%), Copper: 0.6mg (29.79%), Vitamin B5: 2.95mg (29.54%), Vitamin K: 30.97µg (29.49%), Vitamin B2: 0.44mg (25.84%), Vitamin A: 1263.16IU (25.26%), Vitamin E: 3.58mg (23.84%), Vitamin C: 17.24mg (20.89%), Calcium: 175.45mg (17.54%), Vitamin B12: 0.64µg (10.7%), Vitamin D: 0.45µg (3.02%)