



Stuffed Border Burgers

READY IN



30 min.

SERVINGS



6

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 6 servings tex-mex secret sauce
- ☐ 2 tablespoons catsup
- ☐ 1.5 pounds ground beef lean
- ☐ 6 servings toppings: lettuce shredded sliced
- ☐ 6 ounce monterrey jack cheese with peppers
- ☐ 4.3 ounce olives ripe drained chopped canned
- ☐ 0.5 cup onion finely chopped
- ☐ 6 onion rolls split toasted

☐ 1 teaspoon fajita seasoning

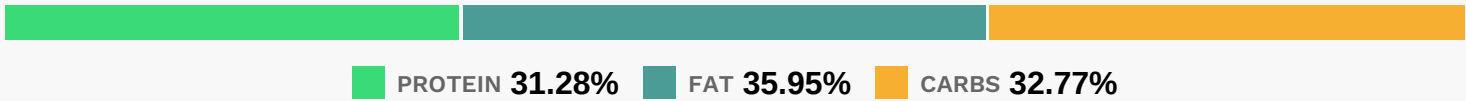
Equipment

☐ grill

Directions

- ☐ Combine first 6 ingredients. Shape mixture into 12 (4-inch) patties. Fold cheese slices into quarters; place cheese on each of 6 patties. Top with remaining 6 patties, pressing to seal edges.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 5 minutes on each side or until done.
- ☐ Serve on rolls with Tex-Mex Secret Sauce and desired toppings.
- ☐ Note: For testing purposes only, we used McCormick Fajita Seasoning and Sargento Monterey Jack Cheese With Peppers.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:22.386956365212%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 504.4kcal (25.22%), Fat: 20.11g (30.94%), Saturated Fat: 8.42g (52.61%), Carbohydrates: 41.24g (13.75%), Net Carbohydrates: 37.1g (13.49%), Sugar: 7.32g (8.14%), Cholesterol: 95.54mg (31.85%), Sodium: 1004.66mg (43.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.36g (78.72%), Vitamin B12: 2.78µg (46.26%), Zinc: 6.83mg (45.54%), Vitamin B3: 8.62mg (43.09%), Phosphorus: 376.39mg (37.64%), Selenium: 24.32µg (34.74%), Iron: 6.22mg (34.55%), Calcium: 334.19mg (33.42%), Vitamin B2: 0.51mg (30.17%), Folate: 110.21µg (27.55%), Vitamin B6: 0.55mg (27.5%), Vitamin K: 28.44µg (27.09%), Vitamin B1: 0.3mg (20.29%), Vitamin A: 882.43IU

(17.65%), Potassium: 599.61mg (17.13%), Fiber: 4.14g (16.55%), Magnesium: 45.74mg (11.43%), Vitamin E: 1.67mg (11.13%), Manganese: 0.19mg (9.73%), Vitamin B5: 0.9mg (9.02%), Copper: 0.16mg (8.04%), Vitamin C: 3.7mg (4.49%), Vitamin D: 0.28µg (1.89%)