



Stuffed Fiesta Burgers

READY IN



30 min.

SERVINGS



30

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado cut into 8 slices
- 0.3 cup milk cheddar cheese shredded 2% kraft
- 0.3 cup philadelphia chive & onion cream cheese spread
- 4 hamburger buns toasted
- 1 lb ground beef lean
- 0.5 cup taco bellâ® & chunky salsa thick
- 1.3 oz taco bellâ® taco seasoning mix

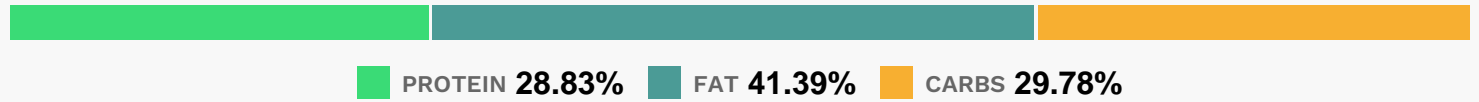
Equipment

grill

Directions

- Heat grill to medium heat.
- Mix meat and seasoning mix; shape into 8 thin patties.
- Mix cream cheese spread and cheddar; spoon about 2 Tbsp. onto center of each of 4 patties. Top with remaining patties; pinch edges together to seal.
- Grill 7 to 9 min. on each side or until done (160F).
- Fill buns with burgers, salsa and avocados.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:1.77, Inflammation Score:-2, Nutrition Score:3.1543478253095%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 60.72kcal (3.04%), Fat: 2.81g (4.32%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3.7g (1.34%), Sugar: 0.91g (1.01%), Cholesterol: 11.8mg (3.93%), Sodium: 179.49mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.81%), Selenium: 4.61µg (6.59%), Vitamin B3: 1.24mg (6.18%), Zinc: 0.91mg (6.06%), Vitamin B12: 0.36µg (6.06%), Phosphorus: 46.35mg (4.63%), Vitamin B6: 0.09mg (4.43%), Iron: 0.69mg (3.85%), Vitamin A: 172IU (3.44%), Fiber: 0.85g (3.41%), Vitamin B2: 0.06mg (3.35%), Folate: 12.01µg (3%), Potassium: 103.95mg (2.97%), Vitamin B1: 0.04mg (2.91%), Manganese: 0.05mg (2.39%), Calcium: 22.78mg (2.28%), Vitamin B5: 0.2mg (2.04%), Magnesium: 7.58mg (1.89%), Vitamin K: 1.94µg (1.85%), Vitamin E: 0.26mg (1.73%), Copper: 0.03mg (1.69%), Vitamin C: 1.36mg (1.65%)