



## Taco Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 pound ground round
- 1 cup lettuce shredded
- 0.5 cup refried beans fat-free canned
- 0.5 cup salsa divided
- 2 ounces sharp cheddar cheese shredded reduced-fat
- 0.5 cup tomatoes chopped
- 4 hamburger buns whole wheat reduced-calorie

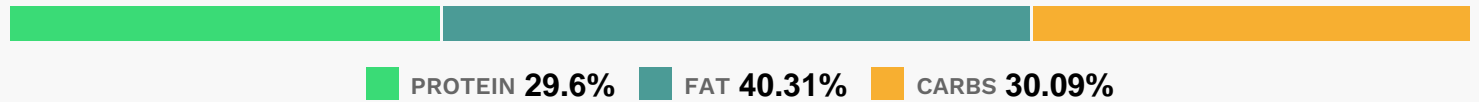
### Equipment

- frying pan
- paper towels

## Directions

- Combine meat and 1/4 cup salsa. Shape meat mixture into 4 (1/2-inch-thick) patties. Coat a nonstick skillet with cooking spray.
- Place over medium heat until hot.
- Add patties, and cook 4 to 5 minutes on each side or until done.
- Remove from pan; drain on paper towels.
- Spread 2 tablespoons refried beans on bottom half of each bun. Top each with 1/4 cup shredded lettuce, 2 tablespoons chopped tomato, and 2 tablespoons shredded cheese. Top each with a meat patty. Spoon remaining 1/4 cup salsa evenly over patties. Top with remaining bun halves.
- Tip: This sandwich tastes like a taco but looks like a hamburger. And you can have it on the table in less time than it takes to go to a fast-food drive-through.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:1.16, Inflammation Score:-6, Nutrition Score:18.24217397752%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 361.27kcal (18.06%), Fat: 16.15g (24.84%), Saturated Fat: 6.81g (42.59%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 23.12g (8.41%), Sugar: 5.69g (6.32%), Cholesterol: 69.46mg (23.15%), Sodium: 743.37mg (32.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.35%), Selenium: 32.75µg (46.79%), Zinc: 5.19mg (34.6%), Vitamin B3: 6.83mg (34.15%), Vitamin B12: 2.03µg (33.91%), Phosphorus: 294.78mg (29.48%), Manganese: 0.55mg (27.36%), Iron: 4.24mg (23.53%), Vitamin B6: 0.44mg (22.23%), Vitamin B2: 0.35mg (20.77%),

Vitamin B1: 0.27mg (18.26%), Calcium: 177.27mg (17.73%), Folate: 67.34µg (16.84%), Fiber: 3.99g (15.98%), Potassium: 509.29mg (14.55%), Magnesium: 48.82mg (12.21%), Vitamin A: 568.44IU (11.37%), Copper: 0.2mg (9.99%), Vitamin K: 9.59µg (9.13%), Vitamin B5: 0.88mg (8.85%), Vitamin E: 0.94mg (6.26%), Vitamin C: 3.67mg (4.45%), Vitamin D: 0.17µg (1.13%)