



Taco Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef
- 1 oz taco seasoning
- 2 tablespoons onion grated
- 1 tablespoon worcestershire sauce
- 1 serving salt and pepper black
- 1 cup corn chips crushed
- 4 slices monterrey jack cheese
- 4 hawaiian rolls
- 1 serving cream sour for topping

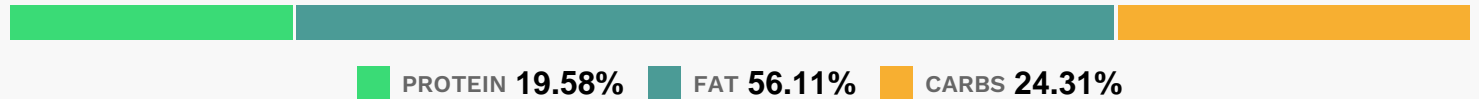
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Heat a gas or charcoal grill.
- In a medium bowl, combine the ground beef, taco seasoning, grated onion and Worcestershire sauce. Season with salt and pepper.
- Add in the crushed tortilla chips and lightly combine. Shape the mixture into 4 patties.
- Place the patties on the grill over medium heat. Cover grill; cook about 10 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F. Top each patty with the cheese and cook just until the cheese melts.
- Layer the buns with sour cream, a patty, lettuce, tomato and salsa.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:13.03, Inflammation Score:-7, Nutrition Score:20.528260723404%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 655.56kcal (32.78%), Fat: 40.78g (62.74%), Saturated Fat: 15.67g (97.93%), Carbohydrates: 39.75g (13.25%), Net Carbohydrates: 36.68g (13.34%), Sugar: 5.4g (6%), Cholesterol: 107.2mg (35.73%), Sodium: 1246.11mg (54.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.02g (64.03%), Selenium: 34.6µg (49.42%), Vitamin B12: 2.75µg (45.86%), Zinc: 6.2mg (41.36%), Phosphorus: 395.88mg (39.59%), Vitamin B3: 6.84mg (34.2%), Calcium: 330.33mg (33.03%), Iron: 4.86mg (26.98%), Vitamin B2: 0.43mg (25.52%), Vitamin B6: 0.46mg (22.97%), Vitamin B1: 0.3mg (20.18%), Vitamin A: 902.76IU (18.06%), Manganese: 0.35mg (17.73%), Vitamin E: 2.26mg

(15.07%), Folate: 56.63µg (14.16%), Magnesium: 53.92mg (13.48%), Potassium: 458.05mg (13.09%), Fiber: 3.07g (12.29%), Copper: 0.16mg (7.91%), Vitamin B5: 0.77mg (7.68%), Vitamin K: 6.3µg (6%), Vitamin C: 4.7mg (5.69%), Vitamin D: 0.28µg (1.88%)