



Taco Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

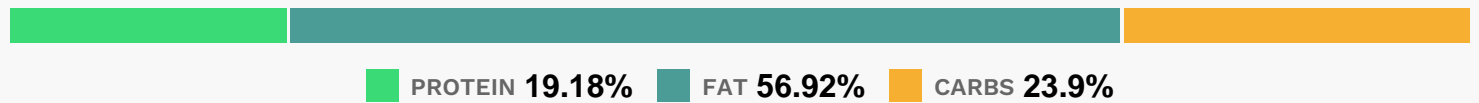
Equipment

- bowl
- grill

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. Close grill and cook, turning once, until desired doneness about 10 minutes for medium. 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:20.815652303074%

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: 673.38kcal (33.67%), Fat: 42.53g (65.42%), Saturated Fat: 16.58g (103.61%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 37.1g (13.49%), Sugar: 5.71g (6.34%), Cholesterol: 112.51mg (37.5%), Sodium: 1394.25mg (60.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.24g (64.47%), Selenium: 34.93µg (49.9%), Vitamin B12: 2.77µg (46.17%), Zinc: 6.23mg (41.56%), Phosphorus: 402.72mg (40.27%), Vitamin B3: 6.85mg (34.24%), Calcium: 339.51mg (33.95%), Iron: 4.86mg (27.03%), Vitamin B2: 0.45mg (26.41%), Vitamin B6: 0.46mg (23.16%), Vitamin B1: 0.3mg (20.3%), Vitamin A: 958.83IU (19.18%), Manganese: 0.36mg (17.8%), Vitamin E: 2.29mg (15.3%), Folate: 57.17µg (14.29%), Magnesium: 54.83mg (13.71%), Potassium: 469.33mg (13.41%), Fiber: 3.07g (12.29%), Copper: 0.16mg (8%), Vitamin B5: 0.8mg (7.99%), Vitamin K: 6.43µg (6.13%), Vitamin C: 4.78mg (5.79%),

Vitamin D: 0.28µg (1.88%)