



Tex-Mex Beef Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 recipe beef burgers
- ☐ 3 oz pepper jack cheese
- ☐ 0.3 cup pickled peppers store-bought sliced
- ☐ 6.4 oz sesame seed buns toasted

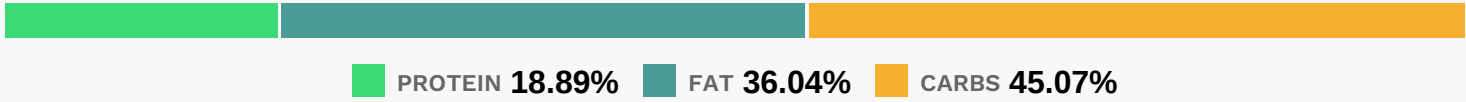
Equipment

- ☐ grill

Directions

- ☐ Form sirloin into 4 (4-inch) patties; season with salt and pepper.
- ☐ Heat grill to medium-high; cook, turning once, until burgers are 160 inside for medium (5–6 minutes per side).
- ☐ Serve with desired toppings and buns.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:13.65, Inflammation Score:-3, Nutrition Score:7.8969564567442%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 208.36kcal (10.42%), Fat: 8.28g (12.74%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 22.33g (8.12%), Sugar: 3.63g (4.04%), Cholesterol: 19.1mg (6.37%), Sodium: 352.09mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.53%), Calcium: 224.91mg (22.49%), Selenium: 15.46µg (22.08%), Vitamin B1: 0.25mg (16.99%), Phosphorus: 142.47mg (14.25%), Manganese: 0.26mg (13.23%), Vitamin B2: 0.22mg (12.98%), Folate: 47.41µg (11.85%), Vitamin B3: 1.97mg (9.86%), Vitamin C: 8.08mg (9.79%), Iron: 1.75mg (9.7%), Zinc: 0.99mg (6.61%), Vitamin B12: 0.27µg (4.54%), Magnesium: 17.15mg (4.29%), Vitamin A: 198.42IU (3.97%), Fiber: 0.97g (3.9%), Vitamin B6: 0.07mg (3.35%), Vitamin K: 3.4µg (3.24%), Copper: 0.06mg (3.13%), Potassium: 89.53mg (2.56%), Vitamin E: 0.21mg (1.42%)