



Tex-Mex Burger

READY IN



15 min.

SERVINGS



4

CALORIES



884 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado thinly sliced
- 1 tsp chili powder
- 0.8 cup cilantro leaves chopped
- 2 tsp cumin
- 2 lb ground beef
- 4 hawaiian rolls toasted
- 1 tsp paprika
- 1 tsp pepper
- 4 Slices pepper jack cheese

- 8 slices onion red thin
- 8 tablespoons salsa
- 1 tsp salt

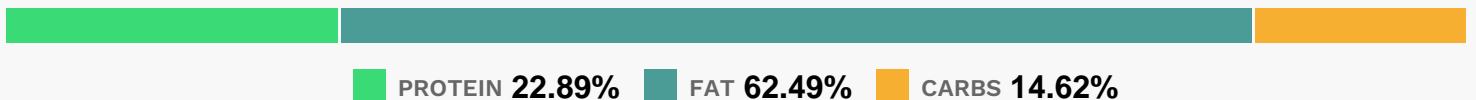
Equipment

- frying pan
- broiler

Directions

- Preheat broiler.
- Heat large frying pan to medium high heat. Make patties: Take the ground beef, add salsa and spices.
- Mix together till evenly distributed.
- Place patty on bun. Top with 1 TBSP Salsa, then 2 slices of red onion.
- Place of the cilantro on red onion and then place avocado on top bun.
- Add bun to burger and serve.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:13.96, Inflammation Score:-8, Nutrition Score:34.366086956522%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 884.46kcal (44.22%), Fat: 61.3g (94.31%), Saturated Fat: 22.92g (143.22%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 26.32g (9.57%), Sugar: 6.13g (6.81%), Cholesterol: 179.72mg (59.91%), Sodium: 1300.92mg (56.56%), Protein: 50.53g (101.05%), Vitamin B12: 5.11µg (85.23%), Zinc: 10.98mg (73.21%), Selenium: 49.67µg (70.95%), Vitamin B3: 12.89mg (64.45%), Phosphorus: 550.55mg (55.05%), Vitamin B6: 1.03mg (51.6%), Iron: 7.5mg (41.69%), Vitamin B2: 0.65mg (38.28%), Potassium: 1115.52mg (31.87%), Calcium: 298.27mg (29.83%), Vitamin K: 30.03µg (28.6%), Folate: 109.89µg (27.47%), Vitamin B1: 0.4mg (26.95%), Manganese: 0.54mg (26.92%), Fiber: 5.94g (23.78%), Vitamin A: 1090.67IU (21.81%), Magnesium: 83.63mg (20.91%), Vitamin E: 3.08mg (20.5%), Vitamin B5: 2.02mg (20.24%), Copper: 0.35mg (17.63%), Vitamin C: 9.16mg (11.1%), Vitamin D: 0.35µg (2.35%)