



Tex-Mex burger

READY IN



25 min.

SERVINGS



4

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g ground meat turkey
- ☐ 1 onion red finely chopped
- ☐ 1 tsp ground pepper
- ☐ 1 tsp oregano dried
- ☐ 4 portugese rolls toasted
- ☐ 4 slices monterrey jack cheese
- ☐ 4 tbsp tomatoes fresh chopped
- ☐ 1 avocado sliced

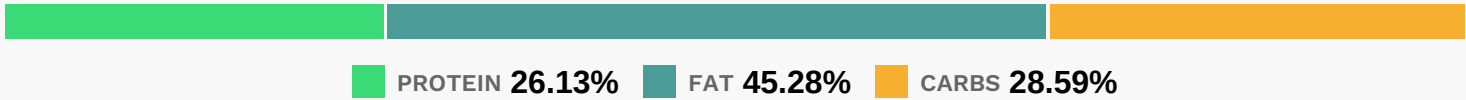
Equipment

☐ oven

Directions

- ☐ Mix mince with the onion, cayenne pepper and oregano. Season well, shape into 4 patties and chill for 30 mins.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Cook burgers for 15 mins or until done to your liking, flipping over halfway through.
- ☐ Serve in rolls with cheese, tomato and avocado.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:24.15, Inflammation Score:-7, Nutrition Score:22.141304223434%

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 Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 561.86kcal (28.09%), Fat: 28.65g (44.08%), Saturated Fat: 9.17g (57.3%), Carbohydrates: 40.7g (13.57%), Net Carbohydrates: 35.31g (12.84%), Sugar: 6.42g (7.14%), Cholesterol: 117.42mg (39.14%), Sodium: 552.37mg (24.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.2g (74.4%), Iron: 12.89mg (71.6%), Phosphorus: 405.21mg (40.52%), Selenium: 28.21µg (40.3%), Vitamin B3: 7.85mg (39.26%), Vitamin B6: 0.65mg (32.47%), Zinc: 4.42mg (29.46%), Vitamin B12: 1.73µg (28.87%), Calcium: 263.21mg (26.32%), Vitamin B2: 0.42mg (24.85%), Fiber: 5.39g (21.56%), Vitamin B5: 2.06mg (20.58%), Potassium: 622.55mg (17.79%), Folate: 63.48µg (15.87%), Vitamin K: 15.69µg (14.94%), Vitamin A: 698.5IU (13.97%), Magnesium: 54.66mg (13.66%), Copper: 0.26mg (13.11%), Vitamin C: 9.44mg (11.44%), Vitamin E: 1.55mg (10.35%), Vitamin B1: 0.14mg (9.47%), Manganese: 0.17mg (8.41%), Vitamin D: 0.67µg (4.45%)