



Tex-Mex Burger with Cajun Mayo

READY IN



40 min.

SERVINGS



4

CALORIES



795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cajun spice
- 1 clove garlic minced
- 1.3 pounds ground beef sirloin
- 4 hamburger buns split
- 1 jalapeno seeded chopped
- 4 leaves lettuce
- 0.5 cup mayonnaise
- 4 slices pepper jack cheese
- 4 slices tomatoes

- 0.5 cup onion diced white
- 1 teaspoon worcestershire sauce

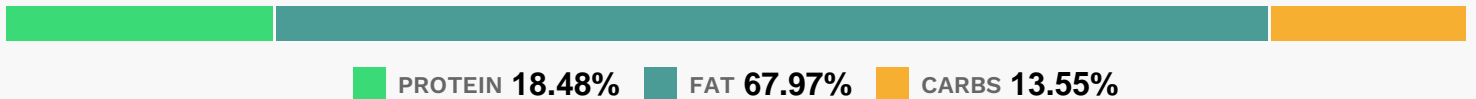
Equipment

- bowl
- grill

Directions

- Preheat grill for medium-high heat. In a small bowl, mix together the mayonnaise and 1 teaspoon of Cajun seasoning. Set aside.
- In a large bowl, mix together the ground sirloin, jalapeno pepper, onion, garlic, 1 tablespoon Cajun seasoning, and Worcestershire sauce using your hands. Divide into 4 balls, and flatten into patties.
- Lightly oil the grilling surface, and place the patties on the grill. Cook for about 5 minutes per side, or until well done. During the last 2 minutes, lay a slice of cheese on top of each patty.
- Spread the seasoned mayonnaise onto the insides of the buns. Put burgers in the buns, and top with lettuce and tomato to serve.

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:13.89, Inflammation Score:-8, Nutrition Score:25.824782734332%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 794.94kcal (39.75%), Fat: 59.56g (91.62%), Saturated Fat: 19.31g (120.68%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 24.45g (8.89%), Sugar: 5.59g (6.21%), Cholesterol: 137.8mg (45.93%), Sodium: 641.39mg

(27.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.43g (72.86%), Vitamin B12: 3.53µg (58.83%), Selenium: 38.41µg (54.87%), Vitamin K: 57.17µg (54.45%), Zinc: 7.49mg (49.93%), Vitamin B3: 8.64mg (43.19%), Phosphorus: 403.77mg (40.38%), Vitamin B6: 0.64mg (32.23%), Iron: 5.24mg (29.09%), Vitamin B2: 0.48mg (28.12%), Vitamin A: 1346.52IU (26.93%), Calcium: 264.17mg (26.42%), Vitamin B1: 0.34mg (22.44%), Potassium: 651.36mg (18.61%), Manganese: 0.37mg (18.38%), Folate: 68.3µg (17.07%), Vitamin E: 2.51mg (16.73%), Vitamin C: 10.56mg (12.8%), Magnesium: 51.1mg (12.77%), Copper: 0.2mg (9.81%), Vitamin B5: 0.97mg (9.67%), Fiber: 2.26g (9.03%), Vitamin D: 0.33µg (2.22%)