






 **15%**
HEALTH SCORE

Tex-Mex Burgers Texotic-Mexotic Burgers

 **Gluten Free**

READY IN

50 min.

SERVINGS

5

CALORIES

586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chipotles in adobo prepared canned (from the can of chipotle peppers in adobo or make your own Chipotles En Adobo/ Chipotles Chili in Adobo Sauce)
- 1 adobo seasoning finely minced seeded for less heat and plus 2 tablespoon chipotle sauce ()
- 1 avocado diced fine
- 1 teaspoon cumin
- 2 tablespoons cilantro leaves fresh divided chopped for burgers ()
- 0.3 cup ears corn fresh ()
- 2 tablespoons parsley fresh divided chopped for burgers ()
- 2 garlic clove minced

- 1 lb ground beef (vegetarians use tvp as described in the description)
- 1 juice of lime
- 5 ounces monterrey jack cheese
- 1 teaspoon olive oil
- 1 onion sweet sliced for salsa below
- 0.5 teaspoon oregano
- 4 ounces refried beans fat-free
- 1 ounce cream light fat free sour
- 1 pinch sugar
- 1 teaspoon tequila
- 1 tomatoes diced fine
- 40 tortilla chips (use No trans fat)

Equipment

- frying pan
- baking sheet
- oven

Directions

- Caramelized Adobo Onions:.
- Heat the oil over medium high heat.
- Add onions and reduce the heat to medium-low. Cook slowly, stirring occasionally, until golden brown and caramelized, about 20 minutes.
- Add the salt and pepper to taste, sugar and adobo sauce stir well to combine. Meanwhile make Tomato and Avocado Salsa:.
- Add all ingredients from the salsa using 1/2 the cilantro and parsley and added the 1/8 cup finely mined onion. Chill till ready to serve. TEXotic-MEXotic BURGERS: Preheat oven to 375F.
- Mix all burger ingredients together including the remaining cilantro and parsley. Make burgers using 1 tablespoon full of meat mixture.

- Place on a cookie sheet pan and bake for 5–10 minutes. Don't overcook. Meanwhile place chips on serving platter topping with just a tad of refried beans (used just to hold the miniburgers on).
- Remove burgers from oven and place on beans be sure to get the cheese that oozed out (go ahead sneak some for yourself ;)), topping with a tad of sour cream, Caramelized Adobo Onions, and salsa. Enjoy these finger licking good burgers! Alternate: Yes you can make regular sized burgers just bake a bit longer till desired doneness.

Nutrition Facts

PROTEIN 18.59% **FAT 58.98%** **CARBS 22.43%**

Properties

Glycemic Index:67.62, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:21.520434763121%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg

Nutrients (% of daily need)

Calories: 585.83kcal (29.29%), Fat: 38.77g (59.64%), Saturated Fat: 14.07g (87.93%), Carbohydrates: 33.17g (11.06%), Net Carbohydrates: 26.59g (9.67%), Sugar: 6.31g (7.01%), Cholesterol: 90.15mg (30.05%), Sodium: 460.98mg (20.04%), Alcohol: 0.33g (100%), Protein: 27.49g (54.98%), Vitamin K: 46.51µg (44.3%), Phosphorus: 388.72mg (38.87%), Zinc: 5.5mg (36.66%), Vitamin B12: 2.19µg (36.56%), Vitamin B6: 0.6mg (30.18%), Calcium: 300.96mg (30.1%), Selenium: 19.88µg (28.4%), Fiber: 6.58g (26.31%), Vitamin B3: 5.24mg (26.2%), Vitamin B2: 0.35mg (20.73%), Potassium: 710.67mg (20.3%), Iron: 3.6mg (19.99%), Vitamin C: 15.61mg (18.92%), Folate: 74.27µg (18.57%), Magnesium: 71.48mg (17.87%), Vitamin E: 2.47mg (16.5%), Vitamin B5: 1.54mg (15.39%), Vitamin A: 691.68IU (13.83%), Copper: 0.24mg (11.79%), Vitamin B1: 0.17mg (11.1%), Manganese: 0.21mg (10.66%), Vitamin D: 0.26µg (1.74%)