



Texas Hold-Ums Mini Chipotle Beef Burgers with Warm Fire Roasted Garlic Ketchup

READY IN



16 min.

SERVINGS



6

CALORIES



981 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chipotles in adobo and tablespoons of adobo sauce
- 3 tablespoons brown sugar
- 15 ounce canned tomatoes fire roasted crushed canned
- 3 cloves garlic finely chopped
- 2 tablespoons grill seasoning (recommended: Montreal Steak Seasoning by McCormick)
- 2 pounds ground sirloin
- 1 tablespoon olive oil extra-virgin for drizzling
- 1 medium onion peeled cut in 1/2

- 6 servings salt and pepper
- 12 slices sharp cheddar smoked (recommended: Cabot)
- 12 small round rolls split
- 0.3 cup vinegar
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- pot
- grill
- grill pan
- box grater

Directions

- Watch how to make this recipe.
- Preheat grill pan to high.
- Place the meat in a bowl.
- Cut the onion in half. Grate half the onion into the meat using the small grate on a box grater. Chop and reserve the other half onion.
- Add Worcestershire, chipotles and sauce and grill seasoning to burgers.
- Drizzle a little extra-virgin olive oil over the bowl and mix meat. Score the meat into 4 sections. Make 3 mini-burgers, each 3 inches wide, 1-inch thick, from each half-pound of meat.
- Heat a small sauce pot over medium heat.
- Add extra-virgin olive oil and garlic. Cook garlic 2 to 3 minutes then add sugar and vinegar, cook 2 minutes more and stir in tomatoes. Season sauce with salt and pepper and allow it to reduce 5 to 6 minutes more.
- Grill meat 2 to 3 minutes on each side and top with cheese, if you like.
- Place burgers on buns and top with raw chopped onions and warm fire roasted ketchup and serve.

Nutrition Facts

PROTEIN 21.86% FAT 45.2% CARBS 32.94%

Properties

Glycemic Index:34.5, Glycemic Load:46.81, Inflammation Score:-6, Nutrition Score:26.577391354934%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 980.6kcal (49.03%), Fat: 48.65g (74.85%), Saturated Fat: 20.01g (125.04%), Carbohydrates: 79.79g (26.6%), Net Carbohydrates: 76.62g (27.86%), Sugar: 17.72g (19.68%), Cholesterol: 158.81mg (52.94%), Sodium: 1488.13mg (64.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.93g (105.86%), Iron: 25.84mg (143.55%), Vitamin B12: 3.87µg (64.58%), Zinc: 8.93mg (59.56%), Selenium: 40.3µg (57.57%), Phosphorus: 529.11mg (52.91%), Calcium: 485.09mg (48.51%), Vitamin B3: 7.18mg (35.89%), Vitamin B6: 0.62mg (31.12%), Vitamin B2: 0.49mg (29.02%), Vitamin A: 885.42IU (17.71%), Potassium: 585.27mg (16.72%), Vitamin K: 15.63µg (14.89%), Fiber: 3.17g (12.7%), Magnesium: 49mg (12.25%), Vitamin B5: 1.1mg (11.01%), Vitamin E: 1.35mg (9.01%), Manganese: 0.17mg (8.55%), Copper: 0.16mg (7.88%), Folate: 26.74µg (6.69%), Vitamin B1: 0.1mg (6.59%), Vitamin C: 4.02mg (4.87%), Vitamin D: 0.49µg (3.25%)