



## Texas-Style Burgers

READY IN



30 min.

SERVINGS



30

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup chiles green canned drained chopped
- 1.5 lb ground beef
- 0.5 cup guacamole
- 6 hamburger buns
- 0.5 cup a.1. original sauce divided
- 0.3 cup onions chopped
- 0.8 cup cheddar cheese shredded kraft
- 1 large tomatoes chopped

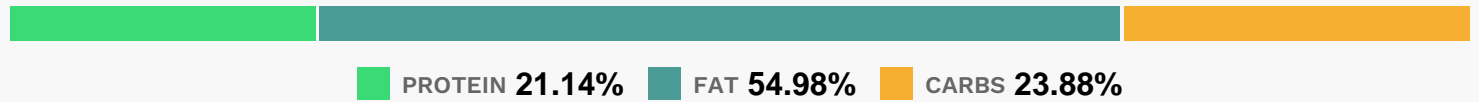
# Equipment

grill

# Directions

- Heat grill to medium heat.
- Mix meat, 1/4 cup steak sauce, onions and chiles; shape into 6 (1/2-inch-thick) patties.
- Grill patties 5 to 7 min. on each side or until done (160F), brushing occasionally with remaining steak sauce for the last few minutes.
- Serve in buns topped with remaining ingredients.

# Nutrition Facts



# Properties

Glycemic Index:6.47, Glycemic Load:2.72, Inflammation Score:-1, Nutrition Score:3.8443478397701%

# Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

# Nutrients (% of daily need)

Calories: 106.73kcal (5.34%), Fat: 6.47g (9.95%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.76g (2.09%), Sugar: 1.81g (2.01%), Cholesterol: 18.93mg (6.31%), Sodium: 130.27mg (5.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.19%), Selenium: 6.57µg (9.39%), Vitamin B12: 0.53µg (8.87%), Zinc: 1.16mg (7.71%), Vitamin B3: 1.44mg (7.2%), Phosphorus: 61.77mg (6.18%), Vitamin B6: 0.1mg (5.01%), Vitamin B2: 0.08mg (4.65%), Iron: 0.8mg (4.46%), Vitamin B1: 0.06mg (4.22%), Folate: 15.72µg (3.93%), Calcium: 38.51mg (3.85%), Manganese: 0.07mg (3.26%), Potassium: 112.83mg (3.22%), Vitamin C: 2.02mg (2.45%), Fiber: 0.56g (2.25%), Magnesium: 8.71mg (2.18%), Vitamin K: 2.25µg (2.14%), Vitamin B5: 0.19mg (1.92%), Copper: 0.04mg (1.82%), Vitamin A: 86.99IU (1.74%), Vitamin E: 0.26mg (1.71%)