

The Guadalajara

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chipotle chile powder
- ☐ 1 pound ground round
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 cups tequila-spiked salsa
- ☐ 8 ounce kaiser rolls

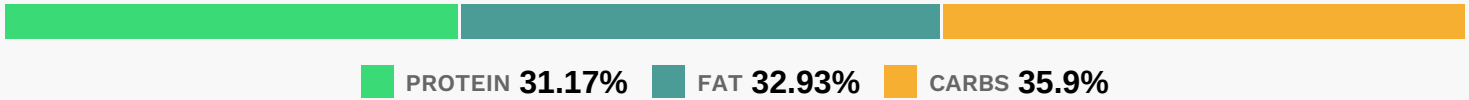
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine chile powder, salt, and beef. Divide the mixture into 4 equal portions, shaping each portion into a 1/2-inch-thick patty.
- ☐ Place patties on a grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- ☐ Place rolls, cut sides down, on grill rack; grill 1 minute or until toasted.
- ☐ Place 1 patty on bottom half of each roll; top each serving with 1/3 cup Tequila-Spiked Salsa and top half of roll.
- ☐ Totals include Tequila-Spiked Salsa.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:18.34, Inflammation Score:-4, Nutrition Score:15.783913094064%

Nutrients (% of daily need)

Calories: 367.11kcal (18.36%), Fat: 13.31g (20.48%), Saturated Fat: 4.64g (28.98%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 29.91g (10.88%), Sugar: 7.27g (8.08%), Cholesterol: 73.71mg (24.57%), Sodium: 1168.72mg (50.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.36g (56.72%), Iron: 11.41mg (63.4%), Vitamin B12: 2.51µg (41.77%), Zinc: 5.61mg (37.37%), Vitamin B3: 6.72mg (33.61%), Vitamin B6: 0.57mg (28.55%), Selenium: 19.6µg (28.01%), Phosphorus: 236.39mg (23.64%), Potassium: 587.67mg (16.79%), Vitamin B2: 0.2mg (12.04%), Fiber: 2.76g (11.05%), Vitamin E: 1.42mg (9.47%), Magnesium: 35.69mg (8.92%), Vitamin B5: 0.85mg (8.5%), Vitamin A: 416IU (8.32%), Copper: 0.14mg (6.91%), Manganese: 0.11mg (5.5%), Vitamin B1: 0.08mg (5.2%), Vitamin K: 4.55µg (4.33%), Calcium: 43.16mg (4.32%), Folate: 10.27µg (2.57%), Vitamin C: 1.65mg (2%)