



The Hatch Burger

READY IN



50 min.

SERVINGS



4

CALORIES



1009 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices processed cheese food white
- 3 anaheim chiles
- 0.3 cup butter
- 1 teaspoon garlic minced
- 0.8 teaspoon kosher salt divided
- 1.5 pounds ground beef 80% lean ()
- 0.5 cup mayonnaise
- 3 poblano chiles
- 4 tsp soya sauce

- 4 slightly rolls sweet such as hawaiian sandwich or kaiser

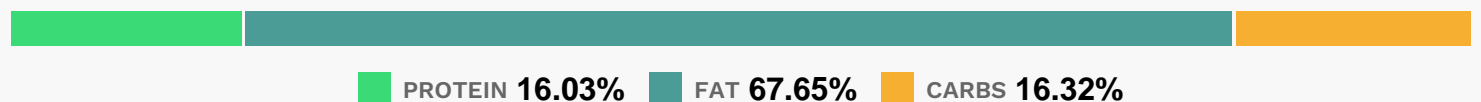
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- grill

Directions

- Broil chiles on a rimmed baking sheet, turning as needed, until blackened on all sides, about 10 minutes.
- Let cool. Peel, then cut open and remove stem and seeds. Finely chop chiles. Put in a medium bowl and stir in 1/4 tsp. salt.
- Mix mayonnaise with garlic in another medium bowl.
- Heat a grill or griddle to medium (350 to 450).
- Mix beef with remaining 1/2 tsp. salt in a large bowl until just combined. Divide into 4 portions and form each into a 1/2-in.-thick patty with a slight depression in the center.
- Oil cooking grate or griddle with a wad of oiled paper towels. Grill burgers, turning once and sprinkling with about 1/2 tsp. soy sauce on each side, until done the way you like, 7 to 8 minutes for medium. During the last minute, lay a cheese slice on each burger to melt it.
- Meanwhile, lightly butter cut sides of rolls and toast on grill or griddle, about 2 minutes.
- Spread garlic mayo on cut sides of rolls.
- Add burgers, topping each with about 2 tbsp. chile mixture.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:23.63, Inflammation Score:-7, Nutrition Score:30.021739088971%

Flavonoids

Luteolin: 4.2mg, Luteolin: 4.2mg, Luteolin: 4.2mg, Luteolin: 4.2mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 1009.23kcal (50.46%), Fat: 75.51g (116.17%), Saturated Fat: 27.47g (171.66%), Carbohydrates: 40.99g (13.66%), Net Carbohydrates: 36.96g (13.44%), Sugar: 8.62g (9.58%), Cholesterol: 184.03mg (61.34%), Sodium: 1940.27mg (84.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.24g (80.49%), Vitamin C: 77.03mg (93.37%), Iron: 14.61mg (81.15%), Vitamin B12: 4.01µg (66.88%), Vitamin K: 56.86µg (54.15%), Zinc: 7.84mg (52.26%), Phosphorus: 439.45mg (43.94%), Selenium: 30.7µg (43.85%), Vitamin B3: 7.88mg (39.41%), Vitamin B6: 0.78mg (39.23%), Calcium: 273.86mg (27.39%), Vitamin B2: 0.35mg (20.35%), Potassium: 667.99mg (19.09%), Vitamin A: 901.49IU (18.03%), Vitamin E: 2.44mg (16.29%), Fiber: 4.03g (16.13%), Magnesium: 46.46mg (11.62%), Vitamin B5: 1.12mg (11.18%), Copper: 0.19mg (9.42%), Vitamin B1: 0.14mg (9.05%), Manganese: 0.18mg (9%), Folate: 25.44µg (6.36%), Vitamin D: 0.35µg (2.35%)