



Throwdown's Green Chile Cheeseburgers

READY IN



305 min.

SERVINGS



4

CALORIES



1183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 2 hatch chiles peeled seeded thinly sliced
- 12 tortilla chips blue yellow crushed
- 1 tablespoon flour all-purpose
- 3 tablespoons cilantro leaves fresh chopped
- 1.5 pounds ground beef
- 4 hamburger buns split lightly toasted
- 1 tablespoon honey
- 1 tablespoon kosher salt

- 4 servings kosher salt and pepper black freshly ground
- 12 ounces monterrey jack cheese grated
- 2 tablespoons olive oil extra-virgin
- 0.3 cup parmesan grated
- 1 medium poblano chile peeled seeded thinly sliced
- 1 medium onion red peeled halved thinly sliced
- 0.3 cup red wine vinegar
- 1.5 cups red wine vinegar
- 1 serrano chile peeled seeded thinly sliced
- 2 tablespoons sugar
- 1 tablespoon butter unsalted
- 0.3 cup water
- 1 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Watch how to make this recipe.
- Melt the butter in a small saucepan over medium heat.
- Whisk in the flour and cook for 1 minute.
- Add the milk, increase the heat to high and cook, whisking constantly, until slightly thickened, about 5 minutes.
- Remove from the heat and whisk in the cheese until melted; add the Parmesan and season with salt and pepper, to taste. Keep warm.
- Combine all ingredients in a bowl and season with salt and pepper, to taste.

- Bring vinegar, water, sugar and salt to a boil in a small saucepan over medium heat.
- Remove from the heat and let cool for 10 minutes.
- Put the onions in a medium bowl, pour the vinegar over, cover and refrigerate for at least 4 hours and up to 48 hours before serving.
- Heat a griddle or large saute pan over high heat.
- Add the oil and let it heat until it begins to shimmer.
- Shape the ground beef with your hands into 4 round patties about 1 1/2 inches thick and season each burger on both sides with salt and pepper, to taste. Cook the burgers until golden brown on both sides and cooked to medium, about 8 minutes.
- Put the burgers on the buns and top each with a few tablespoons of the queso sauce, relish, onions and chips.

Nutrition Facts

PROTEIN 20.77%

FAT 62.24%

CARBS 16.99%

Properties

Glycemic Index:124.34, Glycemic Load:23.06, Inflammation Score:-8, Nutrition Score:39.30304328255%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

Nutrients (% of daily need)

Calories: 1183.24kcal (59.16%), Fat: 80.46g (123.79%), Saturated Fat: 35.14g (219.6%), Carbohydrates: 49.4g (16.47%), Net Carbohydrates: 46.68g (16.97%), Sugar: 20.05g (22.28%), Cholesterol: 215.56mg (71.85%), Sodium: 2747.87mg (119.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.42g (120.84%), Calcium: 908.19mg (90.82%), Phosphorus: 850.98mg (85.1%), Vitamin B12: 4.84µg (80.71%), Selenium: 53.52µg (76.46%), Vitamin C: 60.15mg (72.91%), Zinc: 10.74mg (71.59%), Vitamin B2: 0.87mg (51.35%), Vitamin B3: 9.82mg (49.12%), Vitamin B6: 0.93mg (46.33%), Iron: 6.63mg (36.84%), Vitamin B1: 0.43mg (28.69%), Potassium: 913.28mg (26.09%), Vitamin A: 1249.49IU (24.99%), Magnesium: 95.84mg (23.96%), Manganese: 0.47mg (23.42%), Vitamin E: 3.39mg (22.59%), Vitamin K: 23.11µg (22.01%), Folate: 86.72µg (21.68%), Vitamin B5: 1.53mg (15.25%), Copper: 0.27mg (13.61%), Fiber: 2.72g (10.88%), Vitamin D: 1.44µg (9.57%)