



Tim's Famous Salsa Burgers

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices cheddar cheese
- 1 pound ground beef
- 4 slices monterrey jack cheese
- 4 teaspoons hot sauce hot
- 4 tablespoons salsa

Equipment

- grill

Directions

- Preheat an outdoor grill for high heat and lightly oil grate.
- Form the ground beef into 4 individual patties.
- Grill patties over high heat for 2 to 4 minutes, then flip over.
- Top the cooked side of each patty with a dash of hot pepper sauce, a teaspoon of salsa, a slice of Cheddar cheese and a slice of Monterey Jack cheese. Grill for 2 to 4 minutes or to desired doneness.

Nutrition Facts

PROTEIN 26.44% **FAT 72.04%** **CARBS 1.52%**

Properties

Glycemic Index:13.5, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:15.264347750208%

Nutrients (% of daily need)

Calories: 466.91kcal (23.35%), Fat: 36.99g (56.91%), Saturated Fat: 17.32g (108.24%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.86g (0.95%), Cholesterol: 122.43mg (40.81%), Sodium: 565.84mg (24.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.54g (61.08%), Vitamin B12: 2.84µg (47.32%), Zinc: 6.24mg (41.6%), Phosphorus: 386.91mg (38.69%), Selenium: 26.02µg (37.18%), Calcium: 354.28mg (35.43%), Vitamin B3: 5.02mg (25.09%), Vitamin B6: 0.43mg (21.73%), Vitamin B2: 0.36mg (21.2%), Iron: 2.52mg (13.97%), Potassium: 388.98mg (11.11%), Vitamin A: 468.94IU (9.38%), Magnesium: 34.03mg (8.51%), Vitamin B5: 0.74mg (7.35%), Vitamin E: 0.87mg (5.77%), Copper: 0.1mg (4.76%), Folate: 17.43µg (4.36%), Vitamin B1: 0.06mg (4.33%), Vitamin C: 3.3mg (4%), Vitamin K: 3.92µg (3.73%), Vitamin D: 0.38µg (2.56%), Manganese: 0.04mg (1.81%), Fiber: 0.3g (1.2%)