



## VELVEETA Jalapeno Stuffed Burgers

 Dairy Free

READY IN



27 min.

SERVINGS



27

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup chiles green canned drained chopped
- 4 hamburger buns split seeded
- 4 oz jalapeno velveeta cut into 4 slices
- 1 lb ground beef lean
- 4 lettuce leaves

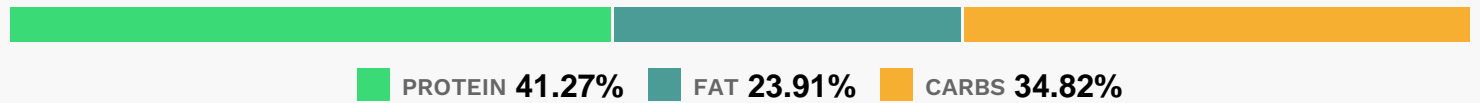
### Equipment

- frying pan

## Directions

- Shape meat into eight thin patties. Spoon 1 Tbsp. of the chilies onto center of each of four of the patties; top each with second patty. Pinch edges of patties together to seal.
- Cook in nonstick skillet on medium-high heat 6 to 8 min. on each side or until cooked through (160F). Top with VELVEETA; cover. Cook an additional 30 sec. to 1 min. or until VELVEETA is melted.
- Fill buns with lettuce and burgers.

## Nutrition Facts



## Properties

Glycemic Index:3.48, Glycemic Load:1.96, Inflammation Score:-3, Nutrition Score:3.2452173693025%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 42.81kcal (2.14%), Fat: 1.11g (1.7%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.34g (1.21%), Sugar: 0.67g (0.75%), Cholesterol: 10.42mg (3.47%), Sodium: 48.79mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin C: 6.14mg (7.45%), Selenium: 4.7µg (6.71%), Vitamin B12: 0.39µg (6.48%), Vitamin B3: 1.27mg (6.33%), Vitamin A: 310.21IU (6.2%), Zinc: 0.92mg (6.11%), Vitamin B6: 0.09mg (4.63%), Phosphorus: 41.96mg (4.2%), Iron: 0.68mg (3.77%), Vitamin B1: 0.05mg (3.12%), Vitamin B2: 0.05mg (3.11%), Manganese: 0.05mg (2.58%), Folate: 10.01µg (2.5%), Potassium: 84.67mg (2.42%), Magnesium: 6.3mg (1.58%), Vitamin E: 0.23mg (1.5%), Calcium: 12.93mg (1.29%), Vitamin B5: 0.12mg (1.22%), Fiber: 0.29g (1.16%), Copper: 0.02mg (1.09%), Vitamin K: 1.13µg (1.08%)