

# Avocado Salsa Fresca Burger

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-salsa-fresca-recipe>

## Ingredients:

- 8 hamburger buns
- 2 1/2 pounds ground beef 85/15 or 80/20
- 1 tablespoon Worcestershire sauce
- 2 teaspoons cracked black pepper fresh-
- 1 teaspoon sea salt
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- salsa
- 4 avocados medium, peeled seeded & diced
- 1 teaspoon sea salt more or less to taste
- 2 limes
- 3 cups Roma tomatoes seeded and diced
- 3/4 cup white onion diced
- 2 jalapenos seeds and ribs removed, diced small
- 1/2 cup fresh cilantro chopped
- 2 limes
- sea salt to taste, OPTIONAL
- queso fresco cheese
- jalapenos grilled or fresh
- fresh cilantro
- lettuce

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 95 milligrams
4. Fat: 38 grams
5. Fiber: 11 grams
6. Protein: 35 grams

7. SaturatedFat: 11 grams
8. Sodium: 1050 milligrams
9. Sugar: 8 grams
10. TransFat: 1.5 grams

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