



## Asian Barbecue Burgers

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon sriracha chile-garlic sauce asian-style
- 0.5 teaspoon garlic powder
- 0.3 cup green onion chopped
- 1 pound ground beef
- 0.3 teaspoon ground ginger
- 4 servings salt and ground pepper black to taste
- 2 tablespoons hoisin sauce
- 0.5 teaspoon pepper flakes red to taste

1 teaspoon asian sesame oil toasted ()

## Equipment

bowl

grill

## Directions

Preheat grill for medium heat and lightly oil the grate.

Mix ground beef, green onion, hoisin sauce, Sriracha sauce, sesame oil, garlic powder, red pepper flakes, ginger, salt, and black pepper together in a bowl until thoroughly combined. Divide meat mixture into quarters; form each portion into a patty.

Grill on the preheated grill until meat is browned and no longer pink inside, about 10 minutes per side.

## Nutrition Facts

**PROTEIN 25.11%** **FAT 67.94%** **CARBS 6.95%**

## Properties

Glycemic Index:17.25, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:11.037391237591%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 324.02kcal (16.2%), Fat: 24.01g (36.94%), Saturated Fat: 8.9g (55.64%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.8g (1.74%), Sugar: 3.1g (3.44%), Cholesterol: 80.75mg (26.92%), Sodium: 419.76mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.93%), Vitamin B12: 2.43µg (40.45%), Zinc: 4.82mg (32.12%), Selenium: 17.41µg (24.87%), Vitamin B3: 4.96mg (24.82%), Vitamin B6: 0.39mg (19.38%), Phosphorus: 187.19mg (18.72%), Vitamin K: 15.59µg (14.84%), Iron: 2.47mg (13.73%), Vitamin B2: 0.19mg (11.38%), Potassium: 345.27mg (9.86%), Magnesium: 23.55mg (5.89%), Vitamin B5: 0.59mg (5.86%), Manganese: 0.1mg (5.2%), Copper: 0.09mg (4.55%), Vitamin E: 0.63mg (4.23%), Vitamin B1: 0.05mg (3.66%), Folate: 14.06µg (3.51%), Calcium: 29.18mg (2.92%), Fiber: 0.72g (2.89%), Vitamin A: 137.5IU (2.75%), Vitamin C: 1.21mg (1.47%)