



Barbara's Big Juicy Burgers

 Dairy Free

READY IN



38 min.

SERVINGS



10

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings dill pickles
- ☐ 1 large eggs
- ☐ 3 pounds ground round
- ☐ 10 hawaiian rolls
- ☐ 1 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 12 ounce vegetable juice 100% canned
- ☐ 3 sandwich bread white

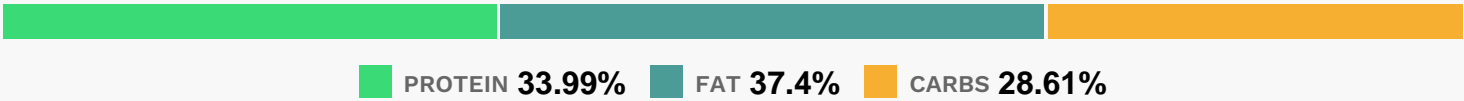
Equipment

- ☐ bowl
- ☐ grill
- ☐ microwave

Directions

- ☐ Microwave vegetable juice in glass bowl at HIGH 1 minute; add sandwich bread pieces, and let cool.
- ☐ Combine with hands.
- ☐ Combine vegetable juice mixture, ground chuck, and next 3 ingredients. Shape into 10 patties.
- ☐ Grill patties, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 8 minutes on each side or until beef is no longer pink.
- ☐ Spray cut sides of buns with cooking spray; place buns, cut sides down, on grill rack, and grill 1 to 2 minutes or until lightly browned.
- ☐ Serve hamburgers on buns.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used V-8 for vegetable juice.

Nutrition Facts



Properties

Glycemic Index:21.18, Glycemic Load:16.02, Inflammation Score:-5, Nutrition Score:20.999999828961%

Nutrients (% of daily need)

Calories: 402.31kcal (20.12%), Fat: 16.32g (25.11%), Saturated Fat: 6.16g (38.48%), Carbohydrates: 28.09g (9.36%), Net Carbohydrates: 26.17g (9.52%), Sugar: 5.5g (6.11%), Cholesterol: 107.05mg (35.68%), Sodium: 1278.02mg (55.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.37g (66.73%), Selenium: 37.57µg (53.67%), Vitamin B12: 3.14µg (52.3%), Zinc: 7.04mg (46.92%), Vitamin B3: 9.13mg (45.67%), Phosphorus: 322.9mg (32.29%), Iron: 5.14mg (28.54%), Vitamin B6: 0.57mg (28.36%), Vitamin B2: 0.42mg (24.6%), Vitamin B1: 0.36mg (24.1%), Potassium: 646.13mg (18.46%), Manganese: 0.35mg (17.71%), Folate: 64.49µg (16.12%), Vitamin C: 11.99mg (14.54%),

Calcium: 138.52mg (13.85%), Vitamin K: 14.43µg (13.74%), Magnesium: 44.63mg (11.16%), Vitamin B5: 0.96mg (9.62%), Copper: 0.18mg (8.88%), Vitamin A: 427.53IU (8.55%), Fiber: 1.92g (7.68%), Vitamin E: 0.7mg (4.67%), Vitamin D: 0.24µg (1.57%)