



Barbara's Big Juicy Burgers

 Dairy Free

READY IN



38 min.

SERVINGS



10

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs
- ☐ 3 pounds ground round
- ☐ 10 hamburger buns
- ☐ 1 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 11.5 ounce lightly tangy vegetable juice canned
- ☐ 3 sandwich bread white

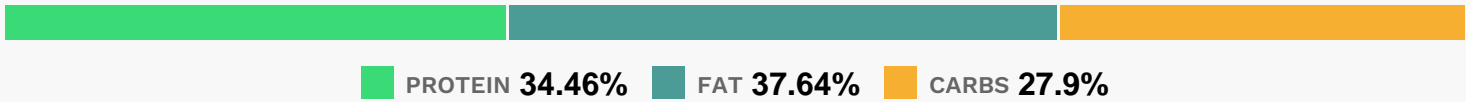
Equipment

- ☐ bowl
- ☐ grill
- ☐ microwave

Directions

- ☐ Microwave vegetable juice in glass bowl at HIGH 1 minute.
- ☐ Add bread pieces; let cool.
- ☐ Combine, using 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 400°F)
- ☐ 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; grill 2 minutes or until lightly browned.
- ☐ Serve hamburgers on buns.
- ☐ Note: For testing purposes only, we used V-8 for vegetable juice.

Nutrition Facts



Properties

Glycemic Index:21.18, Glycemic Load:16, Inflammation Score:-5, Nutrition Score:19.380434642667%

Nutrients (% of daily need)

Calories: 394.22kcal (19.71%), Fat: 16.04g (24.68%), Saturated Fat: 6.11g (38.16%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 25.48g (9.27%), Sugar: 4.62g (5.14%), Cholesterol: 107.05mg (35.68%), Sodium: 750.37mg (32.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.04g (66.08%), Selenium: 37.57µg (53.67%), Vitamin B12: 3.14µg (52.3%), Zinc: 6.97mg (46.44%), Vitamin B3: 9.06mg (45.31%), Phosphorus: 312.5mg (31.25%), Iron: 4.98mg (27.68%), Vitamin B6: 0.55mg (27.26%), Vitamin B2: 0.38mg (22.42%), Vitamin B1: 0.33mg (22.06%), Potassium: 570.6mg (16.3%), Manganese: 0.32mg (16.18%), Folate: 59.29µg (14.82%), Vitamin C: 10.21mg (12.37%), Calcium: 103.19mg (10.32%), Magnesium: 40.08mg (10.02%), Vitamin B5: 0.93mg (9.29%), Copper: 0.16mg (8.03%), Vitamin A: 296.91IU (5.94%), Fiber: 1.26g (5.03%), Vitamin E: 0.62mg (4.15%), Vitamin K: 3.51µg (3.34%), Vitamin D: 0.24µg (1.57%)