



Barbecued Burgers

 Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbecue sauce divided
- ☐ 2 tablespoons onion flakes dried
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 pound ground round
- ☐ 2 tablespoons italian-seasoned breadcrumbs
- ☐ 4 slices purple onion thin
- ☐ 4 hamburger buns whole wheat reduced-calorie

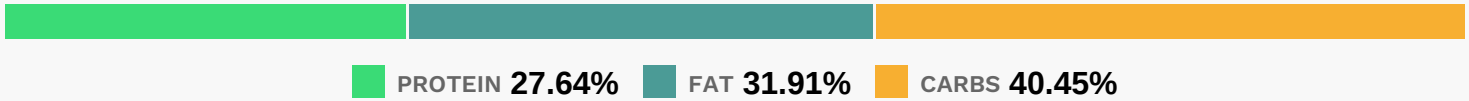
Equipment

- ☐ oven
- ☐ broiler pan

Directions

- ☐ Combine ground round, 1/4 cup barbecue sauce, breadcrumbs, onion flakes, and pepper; shape mixture into 4 patties.
- ☐ Coat rack of a broiler pan with cooking spray.
- ☐ Place patties and onion slices on rack; broil 5 1/2 inches from heat (with electric oven door partially opened) 8 minutes, brushing occasionally with remaining 1/4 cup barbecue sauce.
- ☐ Place a patty and an onion slice on bottom half of each bun. Top with remaining bun halves.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:19.120000004768%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 413.21kcal (20.66%), Fat: 14.57g (22.41%), Saturated Fat: 5.32g (33.27%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 38.77g (14.1%), Sugar: 16.5g (18.33%), Cholesterol: 73.76mg (24.59%), Sodium: 717.08mg (31.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.78%), Selenium: 35.03µg (50.05%), Vitamin B12: 2.53µg (42.13%), Vitamin B3: 8.33mg (41.63%), Zinc: 6.11mg (40.73%), Manganese: 0.63mg (31.55%), Phosphorus: 291.39mg (29.14%), Vitamin B6: 0.55mg (27.62%), Iron: 4.87mg (27.07%), Vitamin B1: 0.33mg (22.09%), Vitamin B2: 0.36mg (21.39%), Folate: 70.25µg (17.56%), Potassium: 593.15mg (16.95%), Magnesium: 53.34mg (13.34%), Copper: 0.23mg (11.72%), Fiber: 2.78g (11.11%), Vitamin B5: 1.04mg (10.39%), Calcium: 87.45mg (8.75%), Vitamin K: 5.6µg (5.33%), Vitamin E: 0.7mg (4.68%), Vitamin C: 3.26mg (3.95%), Vitamin A: 91.14IU (1.82%)