



## Barbecued Hamburgers

READY IN



60 min.

SERVINGS



12

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons apple cider vinegar
- 2 pounds ground beef
- 12 hawaiian rolls split
- 1.5 cups catsup
- 1 cup milk
- 1 large onion chopped
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 0.5 cup saltines crushed ( 15 crackers)

- 3 tablespoons sugar
- 0.3 cup worcestershire sauce

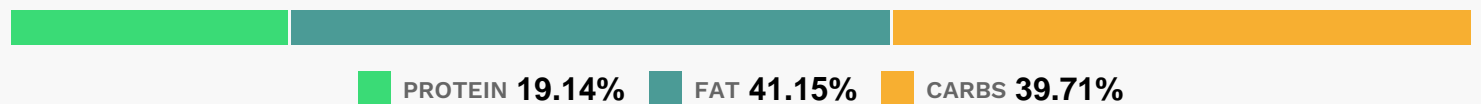
## Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer

## Directions

- In a large bowl, combine the saltines, milk, salt and pepper. Crumble beef over mixture and mix well. Shape into 12 patties. In a large skillet over medium heat, brown patties in batches on both sides.
- Place in a large roasting pan.
- Combine the ketchup, onion, Worcestershire sauce, sugar and vinegar; pour over patties. Cover and bake at 350° for 40–45 minutes or until a meat thermometer reads 160°.
- Serve on buns.

## Nutrition Facts



## Properties

Glycemic Index:22.42, Glycemic Load:15.61, Inflammation Score:-4, Nutrition Score:13.846956584765%

## Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## Nutrients (% of daily need)

Calories: 390.01kcal (19.5%), Fat: 17.76g (27.32%), Saturated Fat: 6.6g (41.24%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 37.39g (13.59%), Sugar: 14.84g (16.49%), Cholesterol: 56.12mg (18.71%), Sodium: 864.17mg

(37.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.16%), Selenium: 24.06µg (34.37%), Vitamin B12: 1.82µg (30.27%), Vitamin B3: 5.7mg (28.5%), Zinc: 3.67mg (24.45%), Vitamin B1: 0.31mg (20.82%), Vitamin B2: 0.35mg (20.33%), Iron: 3.65mg (20.3%), Phosphorus: 202.76mg (20.28%), Vitamin B6: 0.35mg (17.44%), Manganese: 0.33mg (16.59%), Folate: 55.31µg (13.83%), Potassium: 458.56mg (13.1%), Calcium: 117.24mg (11.72%), Magnesium: 32.26mg (8.06%), Copper: 0.14mg (7.21%), Vitamin E: 0.92mg (6.11%), Vitamin K: 5.32µg (5.07%), Vitamin B5: 0.5mg (4.99%), Fiber: 1.17g (4.67%), Vitamin C: 3.71mg (4.49%), Vitamin A: 193.81IU (3.88%), Vitamin D: 0.3µg (2%)