



## Barbequed Hamburgers

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.7 cup evaporated milk
- 4 teaspoons granulated sugar
- 1 pound ground beef
- 0.1 teaspoon ground pepper black
- 0.7 cup catsup
- 0.3 cup onion chopped
- 0.5 cup rolled oats uncooked
- 0.1 teaspoon salt

- 3 tablespoons vegetable oil
- 2 tablespoons vinegar
- 4 teaspoons worcestershire sauce

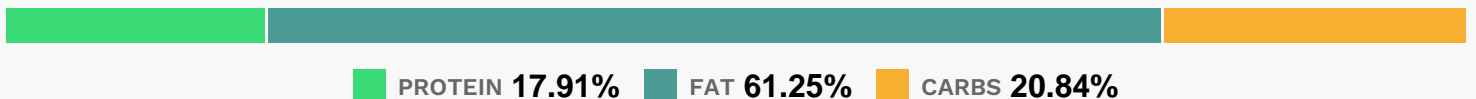
## Equipment

- bowl
- frying pan

## Directions

- In a medium bowl, mix the ground beef, oats, milk, 2 tablespoons minced onion, salt, and pepper.
- Let stand for a few minutes until milk is absorbed, and shape into 8 patties.
- In a small bowl, thoroughly mix the Worcestershire sauce, vinegar, sugar, ketchup, and 1/4 cup chopped onion; set aside.
- Heat the oil in a medium skillet over medium heat, and fry the patties until brown on both sides.
- Pour the sauce in with the patties, and reduce heat. Continue cooking about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:27.39, Glycemic Load:2.67, Inflammation Score:-2, Nutrition Score:8.4052173884019%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 269.66kcal (13.48%), Fat: 18.39g (28.29%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 13.41g (4.88%), Sugar: 8.93g (9.92%), Cholesterol: 46.35mg (15.45%), Sodium: 317.59mg (13.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.1g (24.2%), Vitamin B12: 1.25µg (20.78%), Zinc:

2.77mg (18.44%), Phosphorus: 161.65mg (16.17%), Selenium: 10.67µg (15.24%), Vitamin B3: 2.81mg (14.04%), Vitamin B6: 0.24mg (11.82%), Vitamin B2: 0.2mg (11.59%), Manganese: 0.22mg (11.17%), Vitamin K: 11.33µg (10.79%), Potassium: 323.1mg (9.23%), Iron: 1.6mg (8.9%), Calcium: 75.43mg (7.54%), Vitamin E: 1mg (6.67%), Magnesium: 25.26mg (6.31%), Vitamin B5: 0.49mg (4.91%), Vitamin B1: 0.06mg (4.28%), Copper: 0.08mg (4.18%), Vitamin A: 155.43IU (3.11%), Fiber: 0.66g (2.66%), Folate: 10.27µg (2.57%), Vitamin C: 1.98mg (2.4%)