



Basic Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs homemade soft ()
- 1 large eggs beaten
- 1 pound ground beef
- 4 hamburger buns
- 1 tablespoon onion grated
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 teaspoon greek seasoning (with cavender's) all-purpose

2 teaspoons worcestershire sauce

Equipment

frying pan

grill

broiler pan

Directions

Combine first 8 ingredients, blending well. Shape into 4 patties. Grill, uncovered, over medium coals (300 to 35

minutes or until done, turning once.

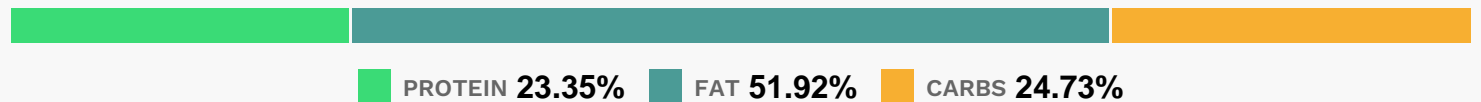
Serve on buns.

Place patties on broiler pan; broil 3 inches from heat about 10 minutes or until done, turning once.

Heat a heavy skillet until hot.

Add patties, and cook over medium heat about 8 minutes or until done, turning once.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:12.95, Inflammation Score:-3, Nutrition Score:17.048260750978%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 457.8kcal (22.89%), Fat: 25.94g (39.91%), Saturated Fat: 9.55g (59.67%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 26.39g (9.6%), Sugar: 4.03g (4.47%), Cholesterol: 127.01mg (42.34%), Sodium: 540.18mg (23.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.24g (52.49%), Selenium: 34.31µg (49.01%), Vitamin B12: 2.65µg (44.13%), Zinc: 5.34mg (35.61%), Vitamin B3: 7.1mg (35.51%), Phosphorus: 262.12mg (26.21%), Iron: 4.62mg (25.69%), Vitamin B1: 0.36mg (23.8%), Vitamin B2: 0.39mg (22.82%), Vitamin B6: 0.43mg (21.63%),

Manganese: 0.36mg (18.25%), Folate: 63.65µg (15.91%), Potassium: 426.22mg (12.18%), Calcium: 115.95mg (11.6%), Magnesium: 36.09mg (9.02%), Vitamin K: 8.66µg (8.25%), Vitamin B5: 0.81mg (8.09%), Copper: 0.15mg (7.75%), Fiber: 1.41g (5.65%), Vitamin E: 0.83mg (5.56%), Vitamin D: 0.36µg (2.42%), Vitamin A: 81.51IU (1.63%), Vitamin C: 1.15mg (1.39%)