



 **13%**
HEALTH SCORE

Basil Burgers

 Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons basil dried to taste
- 0.3 teaspoon garlic salt
- 1.3 pounds ground beef
- 0.3 teaspoon pepper black
- 4 hawaiian rolls split
- 3 tablespoons worcestershire sauce

Equipment

- bowl

grill

Directions

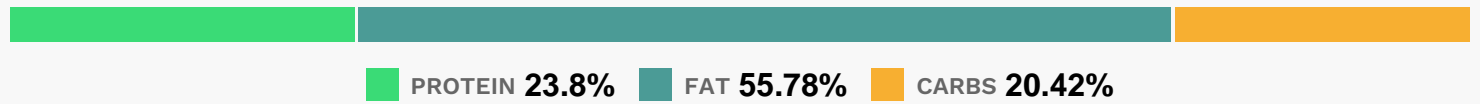
Preheat an outdoor grill for high heat.

In a bowl, mix the ground beef, Worcestershire sauce, basil, garlic salt, and pepper. Form the mixture into 4 burger patties.

Lightly oil the grill grate, and cook burgers about 6 minutes, turning once, to an internal temperature of 160 degrees F (70 degrees C), or to desired doneness.

Serve on hamburger buns.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:12.89, Inflammation Score:-3, Nutrition Score:19.546521824339%

Nutrients (% of daily need)

Calories: 493.64kcal (24.68%), Fat: 30.1g (46.3%), Saturated Fat: 11.27g (70.45%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 23.42g (8.51%), Sugar: 4.43g (4.92%), Cholesterol: 100.64mg (33.55%), Sodium: 619.65mg (26.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.79%), Vitamin B12: 3.12µg (51.99%), Selenium: 33.07µg (47.25%), Zinc: 6.37mg (42.48%), Vitamin B3: 7.95mg (39.77%), Iron: 6.26mg (34.78%), Vitamin K: 30.67µg (29.2%), Phosphorus: 279.35mg (27.93%), Vitamin B6: 0.51mg (25.27%), Vitamin B2: 0.37mg (21.9%), Manganese: 0.42mg (20.76%), Vitamin B1: 0.3mg (20.31%), Potassium: 578.32mg (16.52%), Folate: 56.03µg (14.01%), Calcium: 135.32mg (13.53%), Magnesium: 46.53mg (11.63%), Copper: 0.19mg (9.61%), Vitamin B5: 0.73mg (7.26%), Vitamin E: 0.87mg (5.8%), Fiber: 1.37g (5.48%), Vitamin C: 2.23mg (2.7%)