



Beef Burgers



Gluten Free



Dairy Free



Low Fod Map

READY IN



17 min.

SERVINGS



5

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound ground sirloin lean
- ☐ 1 pinch kosher salt

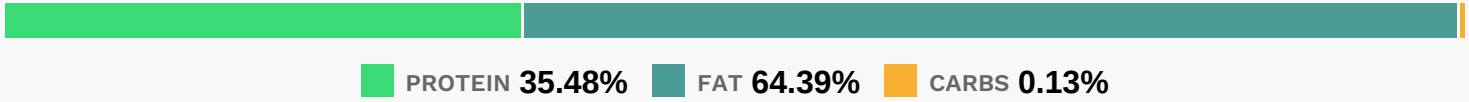
Equipment

- ☐ grill

Directions

- ☐ Form sirloin into 4 (4-inch) patties; season with salt and pepper.
- ☐ Heat grill to medium-high; cook, turning once, until burgers are 160 inside for medium (5–6 minutes per side).
- ☐ Serve with desired toppings and buns.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:7.912608731781%

Nutrients (% of daily need)

Calories: 195.3kcal (9.76%), Fat: 13.61g (20.94%), Saturated Fat: 5.32g (33.27%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0g (0%), Cholesterol: 61.69mg (20.56%), Sodium: 67.65mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.88g (33.75%), Vitamin B12: 1.97µg (32.81%), Zinc: 4.07mg (27.1%), Vitamin B3: 4.22mg (21.09%), Selenium: 14.34µg (20.48%), Vitamin B6: 0.31mg (15.71%), Phosphorus: 155.29mg (15.53%), Iron: 1.91mg (10.59%), Vitamin B2: 0.14mg (8.12%), Potassium: 268.95mg (7.68%), Vitamin B5: 0.5mg (4.99%), Magnesium: 16.5mg (4.13%), Copper: 0.06mg (3.11%), Vitamin B1: 0.04mg (2.55%), Vitamin E: 0.34mg (2.24%), Calcium: 14.06mg (1.41%), Folate: 5.46µg (1.37%), Vitamin K: 1.34µg (1.28%), Manganese: 0.02mg (1.09%)