



Beef burgers - learn to make

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small onion diced
- ☐ 500 g beef mince
- ☐ 1 eggs
- ☐ 1 tbsp vegetable oil
- ☐ 4 burger buns
- ☐ 4 servings all or any of the following to serve: sliced tomato, beetroot, horseradish sauce, mayonnaise, ketchup, handful iceberg lettuce, rocket, watercress

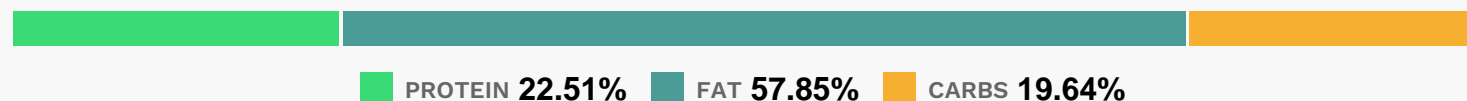
Equipment

- ☐ bowl
- ☐ tongs

Directions

- ☐ Tip 500g beef mince into a bowl with 1 small diced onion and 1 egg, then mix.
- ☐ Divide the mixture into four. Lightly wet your hands. Carefully roll the mixture into balls, each about the size of a tennis ball.
- ☐ Set in the palm of your hand and gently squeeze down to flatten into patties about 3cm thick. Make sure all the burgers are the same thickness so that they will cook evenly.
- ☐ Put on a plate, cover with cling film and leave in the fridge to firm up for at least 30 mins.
- ☐ Heat the barbecue to medium hot (there will be white ash over the red hot coals about 40 mins after lighting). Lightly brush 1 side of each burger with vegetable oil.
- ☐ Place the burgers, oil-side down, on the barbecue. Cook for 5 mins until the meat is lightly charred. Dont move them around or they may stick.
- ☐ Oil the other side, then turn over using tongs. Dont press down on the meat, as that will squeeze out the juices.
- ☐ Cook for 5 mins more for medium. If you like your burgers pink in the middle, cook 1 min less each side. For well done, cook 1 min more.
- ☐ Take the burgers off the barbecue. Leave to rest on a plate so that all the juices can settle inside.
- ☐ Slice 4 burger buns in half.
- ☐ Place, cut-side down, on the barbecue rack and toast for 1 min until they are lightly charred.
- ☐ Place a burger inside each bun, then top with your choice of accompaniment.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:13.38, Inflammation Score:-3, Nutrition Score:16.990000040635%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 492.66kcal (24.63%), Fat: 31.18g (47.97%), Saturated Fat: 10.83g (67.67%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 22.59g (8.21%), Sugar: 4.31g (4.79%), Cholesterol: 129.67mg (43.22%), Sodium: 333.49mg (14.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.3g (54.6%), Selenium: 34.05µg (48.64%), Vitamin B12: 2.86µg (47.65%), Zinc: 5.75mg (38.35%), Vitamin B3: 7.13mg (35.65%), Phosphorus: 269.33mg (26.93%), Vitamin B6: 0.47mg (23.71%), Iron: 4.15mg (23.06%), Vitamin B2: 0.37mg (21.7%), Vitamin B1: 0.3mg (20.01%), Folate: 60.51µg (15.13%), Manganese: 0.28mg (14.11%), Potassium: 442.99mg (12.66%), Vitamin K: 10.73µg (10.22%), Calcium: 97.4mg (9.74%), Magnesium: 35.56mg (8.89%), Vitamin B5: 0.82mg (8.22%), Copper: 0.14mg (7.04%), Vitamin E: 1.03mg (6.84%), Fiber: 1.24g (4.95%), Vitamin C: 3.1mg (3.76%), Vitamin D: 0.34µg (2.3%), Vitamin A: 60.28IU (1.21%)