



Beef Burgers with Caramelized Onions

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons balsamic vinegar
- 1 pound extra-lean ground beef
- 0.3 cup parsley fresh chopped
- 4 hamburger buns toasted
- 2 teaspoons olive oil
- 4 medium onions sliced
- 0.3 teaspoon pepper freshly ground
- 0.8 teaspoon salt divided

- 2 teaspoons sugar
- 4 slices tomatoes
- 2 tablespoons tomato paste
- 0.3 cup water

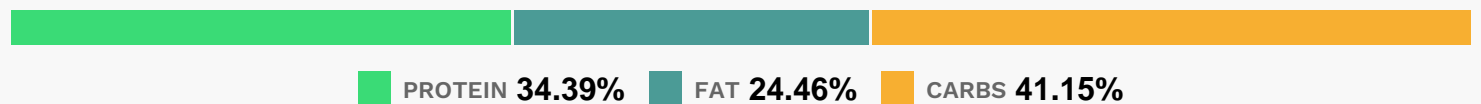
Equipment

- frying pan
- grill

Directions

- Cook onion and sugar in hot oil in a large nonstick skillet over low heat, stirring often, 20 to 25 minutes or until onion is caramel-colored. Stir in 1/4 cup water, vinegar, and 1/4 teaspoon salt. Set mixture aside, and keep warm.
- Combine ground beef, tomato paste, parsley, remaining 1/2 teaspoon salt, and pepper; shape into 4 patties.
- Grill, covered with grill lid, over medium-high heat (350 to 400°F)
- to 5 minutes on each side or until no longer pink.
- Serve on buns with caramelized onion and tomato slices.

Nutrition Facts



Properties

Glycemic Index:89.02, Glycemic Load:17.35, Inflammation Score:-7, Nutrition Score:22.817826032639%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 22.35mg, Quercetin: 22.35mg, Quercetin: 22.35mg, Quercetin: 22.35mg

Nutrients (% of daily need)

Calories: 355.31kcal (17.77%), Fat: 9.54g (14.68%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 36.1g (12.03%), Net Carbohydrates: 32.96g (11.99%), Sugar: 11.2g (12.44%), Cholesterol: 70.31mg (23.44%), Sodium: 794.44mg (34.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.18g (60.36%), Vitamin K: 66.74µg (63.57%), Selenium: 32.42µg (46.32%), Vitamin B12: 2.63µg (43.77%), Zinc: 6.37mg (42.48%), Vitamin B3: 8.46mg (42.29%), Vitamin B6: 0.63mg (31.27%), Phosphorus: 309.59mg (30.96%), Iron: 4.92mg (27.36%), Vitamin B1: 0.34mg (22.61%), Manganese: 0.44mg (22.14%), Vitamin B2: 0.36mg (20.98%), Potassium: 714.29mg (20.41%), Vitamin C: 15.58mg (18.88%), Folate: 73.82µg (18.46%), Magnesium: 51.86mg (12.96%), Fiber: 3.14g (12.56%), Copper: 0.22mg (10.88%), Calcium: 107.56mg (10.76%), Vitamin A: 449.54IU (8.99%), Vitamin B5: 0.89mg (8.92%), Vitamin E: 1.12mg (7.48%)