

# Beefburger Parcels

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



1083 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cube beef bouillon from cube
- 1 tablespoon cornstarch mixed with equal parts water
- 1 eggs beaten
- 0.5 pound mushrooms fresh finely chopped
- 1 clove garlic
- 1 cup grape juice red
- 1 pound ground beef
- 1 teaspoon seasoning italian

- 1 tablespoon olive oil
- 1 onion chopped
- 17.3 ounce puff pastry frozen
- 4 servings salt and pepper to taste
- 1 tablespoon worcestershire sauce

## Equipment

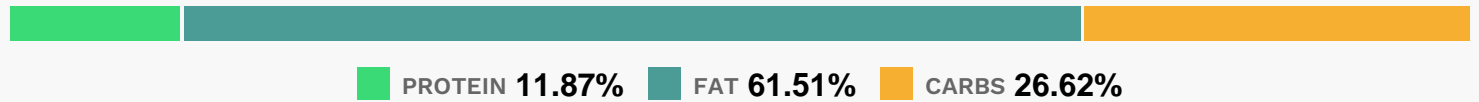
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- grill

## Directions

- Preheat an outdoor grill for high heat, and lightly oil grate. Preheat oven to 400 degrees F (200 degrees C).
- In a large bowl, combine ground beef, 1 chopped onion, garlic, and 1 tablespoon olive oil. Season with Worcestershire sauce, Italian seasoning, salt, and pepper.
- Add egg, and mix well. Shape into 4 thick patties, not too large in diameter. Cook burgers on grill until brown.
- Heat 1 tablespoon olive oil in a skillet over medium heat.
- Saute 1 chopped onion, and chopped mushrooms until brown and caramelized.
- Cut puff pastry into 4 squares, and roll pieces large enough to wrap burgers. Divide mushroom mixture into the center of each pastry, then top with burgers. Wrap pastry around burgers, and seal edges.
- Place parcels seam side down on a baking sheet.
- Brush with beaten egg.
- Bake in preheated oven for 25 to 30 minutes, or until pastry is puffed and golden brown.
- Serve with Red Grape Sauce.

- Meanwhile, make Red Grape Sauce: In a saucepan over medium heat, combine grape juice, Worcestershire sauce, and bouillon.
- Mix the cornstarch with water, and stir into sauce. Bring slowly to a boil, stirring constantly, until thickened.

## Nutrition Facts



### Properties

Glycemic Index:37.5, Glycemic Load:30.9, Inflammation Score:-6, Nutrition Score:27.122608806776%

### Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Petunidin: 0.65mg, Petunidin: 0.65mg, Petunidin: 0.65mg, Petunidin: 0.65mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 7.07mg, Malvidin: 7.07mg, Malvidin: 7.07mg, Malvidin: 7.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

### Nutrients (% of daily need)

Calories: 1083.17kcal (54.16%), Fat: 74.14g (114.06%), Saturated Fat: 21.38g (133.64%), Carbohydrates: 72.21g (24.07%), Net Carbohydrates: 68.97g (25.08%), Sugar: 12.67g (14.08%), Cholesterol: 121.43mg (40.48%), Sodium: 656.38mg (28.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.36%), Selenium: 55.6µg (79.42%), Vitamin B3: 12.13mg (60.63%), Vitamin B2: 0.82mg (48.13%), Manganese: 0.86mg (43.17%), Vitamin B12: 2.55µg (42.47%), Vitamin B1: 0.61mg (40.96%), Zinc: 5.95mg (39.65%), Iron: 6.48mg (35.98%), Phosphorus: 344.72mg (34.47%), Folate: 124.9µg (31.22%), Vitamin B6: 0.54mg (26.87%), Vitamin K: 27.39µg (26.09%), Copper: 0.43mg (21.7%), Potassium: 726.15mg (20.75%), Vitamin B5: 1.66mg (16.6%), Magnesium: 56.51mg (14.13%), Fiber: 3.24g (12.96%), Vitamin E: 1.85mg (12.34%), Calcium: 67.93mg (6.79%), Vitamin C: 4.09mg (4.95%), Vitamin D: 0.45µg (2.98%), Vitamin A: 78.16IU (1.56%)