

## Beer Burgers



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup beer
- 3 cloves garlic minced
- 1 pound ground beef
- 0.3 teaspoon ground pepper black
- 1 small onion finely chopped
- 1 teaspoon salt
- 1 tablespoon worcestershire sauce

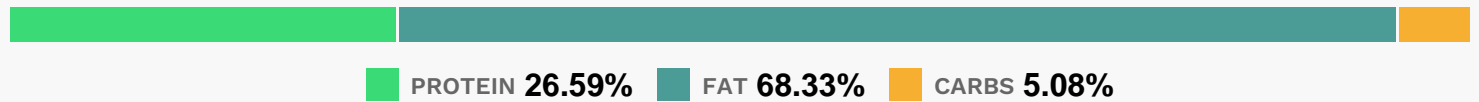
### Equipment

- bowl
- grill
- kitchen thermometer

## Directions

- Preheat an outdoor grill for medium–high heat and lightly oil the grate.
- Mix the ground beef, onion, garlic, Worcestershire sauce, salt, and pepper in a bowl.
- Mix in the beer until absorbed by the meat mixture. Form into patties.
- Cook on the preheated grill until the burgers are cooked to your desired degree of doneness, about 5 minutes per side for well done. An instant–read thermometer inserted into the center should read 160 degrees F (70 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:32.38, Glycemic Load:0.8, Inflammation Score:-2, Nutrition Score:10.493478426467%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 308.31kcal (15.42%), Fat: 22.71g (34.94%), Saturated Fat: 8.71g (54.45%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.42g (1.24%), Sugar: 1.19g (1.32%), Cholesterol: 80.51mg (26.84%), Sodium: 714.29mg (31.06%), Alcohol: 0.58g (100%), Alcohol %: 0.47% (100%), Protein: 19.89g (39.77%), Vitamin B12: 2.43µg (40.49%), Zinc: 4.81mg (32.06%), Selenium: 17.53µg (25.05%), Vitamin B3: 4.94mg (24.68%), Vitamin B6: 0.42mg (21.12%), Phosphorus: 192.5mg (19.25%), Iron: 2.52mg (14%), Potassium: 380.51mg (10.87%), Vitamin B2: 0.18mg (10.85%), Vitamin B5: 0.61mg (6.12%), Magnesium: 23.26mg (5.81%), Copper: 0.09mg (4.7%), Manganese: 0.09mg (4.51%), Vitamin B1: 0.07mg (4.34%), Calcium: 34.56mg (3.46%), Vitamin E: 0.47mg (3.17%), Folate: 12.58µg (3.14%), Vitamin C: 2.55mg (3.09%), Vitamin K: 2.4µg (2.28%), Fiber: 0.38g (1.51%)