



Best Barbequed Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon onion flakes dried
- 1 teaspoon onion soup mix dry
- 1 eggs beaten
- 1 pound ground beef
- 1 dash ground pepper black
- 2 tablespoons catsup
- 0.3 cup cooking oats quick
- 0.5 teaspoon seasoning salt

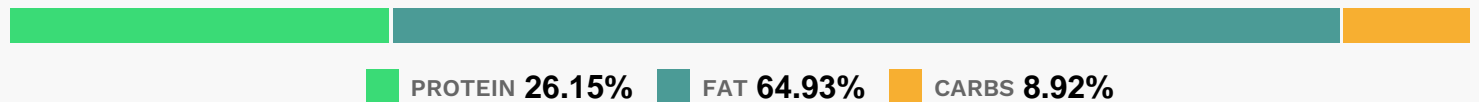
Equipment

- bowl
- grill

Directions

- Preheat an outdoor grill for high heat, and lightly oil grate.
- In a large bowl, mix ground beef, egg, quick cooking oats, dried onion flakes, seasoning salt, pepper, ketchup, and dry onion soup mix. Form the mixture into about 4 burger patties.
- Place burger patties on the prepared grill, and cook about 5 minutes on each side, to an internal temperature of 160 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.94, Inflammation Score:-2, Nutrition Score:12.351304437803%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 338.17kcal (16.91%), Fat: 24.09g (37.06%), Saturated Fat: 9.11g (56.91%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 6.75g (2.45%), Sugar: 2.24g (2.48%), Cholesterol: 121.43mg (40.48%), Sodium: 549.69mg (23.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.67%), Vitamin B12: 2.52µg (42.08%), Zinc: 5.1mg (33.97%), Selenium: 22.29µg (31.84%), Vitamin B3: 4.98mg (24.91%), Phosphorus: 232.54mg (23.25%), Vitamin B6: 0.43mg (21.46%), Iron: 2.69mg (14.96%), Vitamin B2: 0.24mg (14.19%), Manganese: 0.27mg (13.46%), Potassium: 390.12mg (11.15%), Magnesium: 37.19mg (9.3%), Vitamin B5: 0.81mg (8.06%), Vitamin B1: 0.09mg (6.07%), Copper: 0.11mg (5.62%), Vitamin E: 0.73mg (4.86%), Folate: 17.48µg (4.37%), Calcium: 35.34mg (3.53%), Fiber: 0.7g (2.81%), Vitamin K: 2.57µg (2.44%), Vitamin D: 0.33µg (2.22%), Vitamin A: 98.42IU (1.97%), Vitamin C: 1.29mg (1.56%)