



Best Beef Burgers

 Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground beef
- ☐ 1 pound ground sirloin
- ☐ 6 servings hawaiian rolls homemade
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt

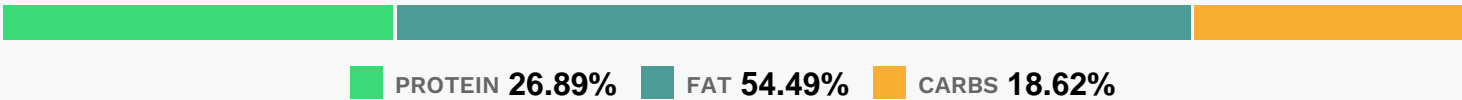
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Combine first 4 ingredients gently. Shape mixture into 6 (5-inch) patties.
- ☐ Grill, covered with grill lid, 4 to 5 minutes on each side or until beef is no longer pink in center.
- ☐ Serve on Homemade Hamburger Buns.
- ☐ Try These Twists!
- ☐ Pimiento Cheese-Bacon Burgers: Stir 1/4 cup mixed chopped fresh herbs (such as basil, mint, and oregano) into meat mixture. Proceed as directed. Top each burger with pimiento cheese, cooked bacon slices, lettuce, and tomato slices.
- ☐ Sun-dried Tomato-Pesto Burgers: Stir 1 (3-oz.) package sun-dried tomato halves, chopped, and 1 garlic clove, pressed, into meat mixture. Proceed as directed. Top each burger with refrigerated pesto, sliced goat cheese, and sliced pepperoncini salad peppers.
- ☐ Pineapple-Jalapeo Burgers: Stir 1/3 cup pickled sliced jalapeo peppers, minced, into meat mixture. Proceed as directed. Grill 6 (1/4-inch-thick) pineapple slices over medium-high heat 1 to 2 minutes on each side. Top each burger with Cilantro-Jalapeo Cream, grilled pineapple, avocado slices, and a fresh cilantro sprig.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:12.9, Inflammation Score:-2, Nutrition Score:17.538695707188%

Nutrients (% of daily need)

Calories: 474.95kcal (23.75%), Fat: 28.15g (43.3%), Saturated Fat: 10.6g (66.25%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 20.83g (7.58%), Sugar: 3.13g (3.48%), Cholesterol: 105.08mg (35.03%), Sodium: 700.58mg (30.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.25g (62.51%), Vitamin B12: 3.34µg (55.74%), Selenium: 34.99µg (49.99%), Zinc: 6.86mg (45.76%), Vitamin B3: 8.51mg (42.55%), Phosphorus: 292.41mg (29.24%), Vitamin B6: 0.53mg (26.67%), Iron: 4.54mg (25.23%), Vitamin B2: 0.35mg (20.87%), Vitamin B1: 0.3mg (19.86%), Potassium: 481.89mg (13.77%), Manganese: 0.28mg (13.76%), Folate: 50.28µg (12.57%), Magnesium: 36.64mg (9.16%), Calcium: 87.85mg (8.78%), Vitamin B5: 0.8mg (7.97%), Copper: 0.15mg (7.31%), Vitamin E: 0.71mg (4.72%), Vitamin K: 4.68µg (4.46%), Fiber: 0.82g (3.26%), Vitamin D: 0.15µg (1.01%)