

Best Burger Ever

 Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ounce onion soup mix dry
- 1 eggs lightly beaten
- 2 pounds ground beef
- 0.3 teaspoon pepper black
- 2 teaspoons hot sauce hot
- 0.8 cup rolled oats
- 2 teaspoons worcestershire sauce

Equipment

bowl

grill

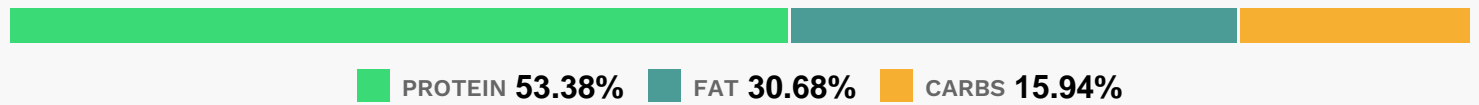
Directions

Preheat an outdoor grill for medium high heat and lightly oil grate.

In a large bowl, combine the beef, onion soup mix, egg, hot sauce and oats. Shape into 6 patties.

Grill patties over medium high heat for 10 to 20 minutes, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:2.35, Inflammation Score:-2, Nutrition Score:18.045217203057%

Nutrients (% of daily need)

Calories: 271.78kcal (13.59%), Fat: 8.94g (13.76%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 9.09g (3.31%), Sugar: 0.56g (0.63%), Cholesterol: 121.02mg (40.34%), Sodium: 551.53mg (23.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35g (70%), Vitamin B12: 3.45µg (57.53%), Zinc: 8.22mg (54.79%), Selenium: 31.74µg (45.34%), Vitamin B3: 8.51mg (42.57%), Phosphorus: 366.89mg (36.69%), Vitamin B6: 0.65mg (32.26%), Iron: 4.34mg (24.1%), Manganese: 0.43mg (21.39%), Vitamin B2: 0.31mg (18.2%), Potassium: 623.05mg (17.8%), Magnesium: 51.43mg (12.86%), Vitamin B5: 1.24mg (12.4%), Copper: 0.18mg (9.17%), Vitamin B1: 0.13mg (8.45%), Fiber: 1.36g (5.44%), Vitamin E: 0.55mg (3.69%), Folate: 14.5µg (3.63%), Calcium: 32.36mg (3.24%), Vitamin D: 0.3µg (1.99%), Vitamin C: 1.42mg (1.72%)