



Bill's Beefuna Burgers

 Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce tuna packed in oil, drained canned
- 1.5 pounds ground round
- 6 hamburger buns split
- 6 servings seasoning salt and pepper to taste
- 1 large onion sweet finely chopped
- 3 tablespoons relish sweet

Equipment

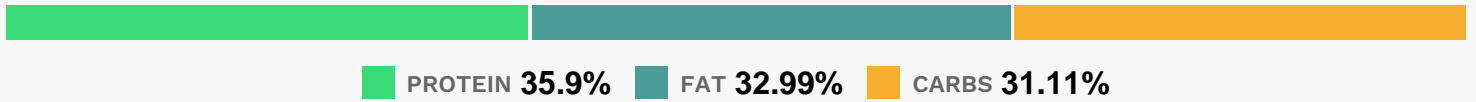
- bowl

grill

Directions

- Preheat an outdoor grill for medium–high heat. When grill is hot, lightly oil the grate.
- In a large bowl, mix together the ground beef, tuna, onion, and relish. Season with seasoning salt and pepper to your liking. Form the meat mixture into 6 patties.
- Place patties on the hot grill, and cook for 6 to 9 minutes on each side, or until cooked through.
- Serve on buns with the usual toppings.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:12.88, Inflammation Score:-5, Nutrition Score:19.892173621965%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 372.47kcal (18.62%), Fat: 13.37g (20.56%), Saturated Fat: 5.03g (31.45%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 27.01g (9.82%), Sugar: 8.08g (8.98%), Cholesterol: 83.91mg (27.97%), Sodium: 608.38mg (26.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.74g (65.47%), Selenium: 50.02µg (71.45%), Vitamin B12: 3.32µg (55.34%), Vitamin B3: 10.45mg (52.26%), Zinc: 6.02mg (40.1%), Phosphorus: 306.87mg (30.69%), Vitamin B6: 0.61mg (30.45%), Iron: 4.7mg (26.1%), Vitamin B1: 0.31mg (20.82%), Vitamin B2: 0.34mg (20.08%), Folate: 61.12µg (15.28%), Potassium: 533.93mg (15.26%), Manganese: 0.3mg (14.9%), Magnesium: 44.44mg (11.11%), Calcium: 92.01mg (9.2%), Vitamin K: 9.48µg (9.03%), Copper: 0.18mg (8.98%), Vitamin B5: 0.77mg (7.71%), Fiber: 1.35g (5.41%), Vitamin E: 0.63mg (4.18%), Vitamin C: 3.28mg (3.98%), Vitamin D: 0.45µg (3.02%), Vitamin A: 108.49IU (2.17%)