



Bistro Hamburger

READY IN



25 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp chives fresh chopped
- 0.3 lb mushrooms mixed fresh sliced (button and cremini)
- 1 Tbsp horseradish prepared kraft
- 1 lb ground beef lean
- 0.3 cup real mayo mayonnaise kraft
- 1 Tbsp olive oil
- 4 onion sandwich rolls split
- 0.5 cup onions red sliced
- 4 big swiss cheese kraft

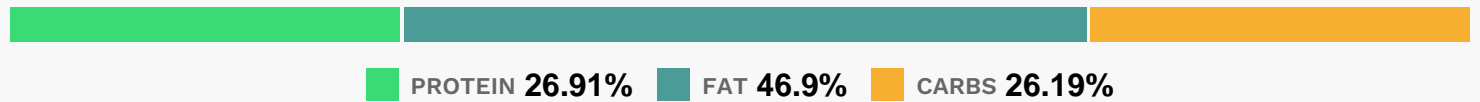
Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium-high heat.
- Shape meat into 4 (1/2-inch-thick) patties.
- Place mushrooms and onions on sheet of foil; drizzle with oil.
- Grill patties 5 to 6 min. on each side or until done (160F). Meanwhile, grill vegetables (on foil) 4 to 5 min. or until crisp-tender; remove from grill.
- Top burgers with cheese.
- Place rolls, cut-sides down, on grill. Cook 1 min. or until cheese is melted and buns are lightly toasted.
- Mix mayo, horseradish and chives; spread onto rolls. Fill with burgers and vegetables.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:23.626521919085%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 534.98kcal (26.75%), Fat: 27.55g (42.39%), Saturated Fat: 8.12g (50.78%), Carbohydrates: 34.61g (11.54%), Net Carbohydrates: 32.11g (11.68%), Sugar: 2.92g (3.25%), Cholesterol: 92mg (30.67%), Sodium: 524.47mg (22.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.57g (71.14%), Selenium: 49.28µg (70.41%), Vitamin B12: 3.07µg (51.17%), Zinc: 7.43mg (49.55%), Vitamin B3: 9.8mg (48.99%), Phosphorus: 421.2mg (42.12%), Vitamin B6:

0.59mg (29.42%), Vitamin B2: 0.5mg (29.23%), Iron: 4.83mg (26.81%), Vitamin K: 27.57µg (26.26%), Calcium: 224.77mg (22.48%), Vitamin B1: 0.34mg (22.44%), Manganese: 0.37mg (18.69%), Folate: 72.46µg (18.12%), Potassium: 595.65mg (17.02%), Vitamin B5: 1.51mg (15.14%), Magnesium: 55.08mg (13.77%), Copper: 0.24mg (12.11%), Vitamin E: 1.63mg (10.85%), Fiber: 2.5g (10.01%), Vitamin A: 183.32IU (3.67%), Vitamin C: 2.85mg (3.45%), Vitamin D: 0.25µg (1.7%)