



Blue Cheese Burgers

READY IN



30 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup oats
- 2 tablespoons water
- 1.5 lb ground beef 90% (at least)
- 4 oz cheese blue crumbled reduced-fat
- 0.3 cup chives fresh finely chopped
- 0.5 teaspoon worcestershire sauce
- 0.1 teaspoon hot sauce red
- 0.5 teaspoon pepper black
- 0.5 teaspoon ground mustard

- 0.3 teaspoon salt
- 6 leaves lettuce
- 6 slices tomatoes
- 6 hamburger buns whole wheat split

Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill. In large bowl, mix oats and water. Stir in beef, blue cheese, chives, Worcestershire sauce, pepper sauce, pepper, mustard and salt until well mixed. Shape mixture into 6 patties, about 3/4 inch thick.
- Place patties on grill over medium heat. Cover grill; cook 11 to 13 minutes, turning once, until thermometer inserted in center of patties reads 160°F.
- Layer lettuce, tomato and burgers on bottom halves of buns; cover with top half of buns.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:1.77, Inflammation Score:-6, Nutrition Score:21.504782640416%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 361.09kcal (18.05%), Fat: 14.17g (21.8%), Saturated Fat: 6.77g (42.29%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 21.87g (7.95%), Sugar: 3.92g (4.35%), Cholesterol: 84.48mg (28.16%), Sodium: 606.49mg (26.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.06%), Selenium: 38.31µg (54.73%), Vitamin B12: 2.78µg (46.25%), Zinc: 6.94mg (46.24%), Vitamin B3: 8.66mg (43.28%), Phosphorus: 379.04mg (37.9%), Manganese: 0.69mg (34.38%), Vitamin B6: 0.55mg (27.46%), Iron: 4.88mg (27.13%), Vitamin B2: 0.41mg (24.05%), Vitamin B1: 0.29mg (19.67%), Folate: 71.97µg (17.99%), Potassium: 612.62mg (17.5%), Calcium: 161.94mg (16.19%), Magnesium: 63.47mg (15.87%), Vitamin B5: 1.34mg (13.41%), Copper: 0.23mg (11.52%), Fiber: 2.55g (10.21%), Vitamin K: 10.2µg (9.71%), Vitamin A: 483.32IU (9.67%), Vitamin C: 5.03mg (6.1%), Vitamin E: 0.59mg (3.96%), Vitamin D: 0.21µg (1.39%)