

Bo Burger

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices processed cheese food
- ☐ 4 eggs
- ☐ 4 hamburger buns
- ☐ 1.5 pounds ground beef lean
- ☐ 1 onion sliced
- ☐ 4 servings salt and pepper
- ☐ 0.5 cup water cold

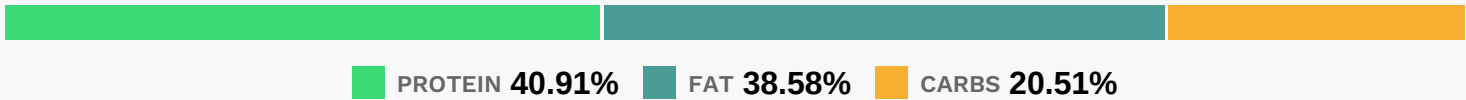
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl, season the ground beef with salt and pepper.
- ☐ Add 1/2 cup cold water and mix by hand until meat has absorbed all the water (the water keeps the burgers moist and juicy). Shape into 4 patties.
- ☐ Heat a large cast iron skillet over medium-high heat. Spray the skillet with non-stick cooking spray.
- ☐ Add the burgers and cook to desired temperature, about 8 to 10 minutes per side for medium-well.
- ☐ Remove the burgers from the pan and set aside.
- ☐ Add the onions slices to the same skillet and cook until golden brown on both sides, being careful to keep them in whole slices. It should take about 3 minutes per side.
- ☐ Remove from the pan and set aside.
- ☐ Crack the eggs into the same skillet and cook until the yolk is not runny. Carefully remove from the pan.
- ☐ Lay the bottom of 4 hamburger buns on a flat surface. Top each bun with a burger. Top the burgers with 1 egg, onion slice, 1 slice of cheese and then the top bun. Lightly press the sandwiches together with your hand.
- ☐ Place the sandwiches into the pan and cook for 1 minute on each side to griddle the buns.
- ☐ Serve with French fries and pickles.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:13.65, Inflammation Score:-5, Nutrition Score:28.487391119418%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 504.83kcal (25.24%), Fat: 21.07g (32.42%), Saturated Fat: 9.37g (58.56%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 23.96g (8.71%), Sugar: 4.93g (5.48%), Cholesterol: 290.14mg (96.71%), Sodium: 934.44mg (40.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.27g (100.55%), Selenium: 59.18µg (84.54%), Vitamin B12: 4.6µg (76.71%), Zinc: 10.11mg (67.42%), Phosphorus: 609.93mg (60.99%), Vitamin B3: 11.22mg (56.12%), Vitamin B6: 0.81mg (40.65%), Vitamin B2: 0.66mg (38.78%), Iron: 6.48mg (36.03%), Calcium: 328.65mg (32.87%), Vitamin B1: 0.34mg (22.44%), Potassium: 769.63mg (21.99%), Folate: 76.51µg (19.13%), Vitamin B5: 1.88mg (18.85%), Manganese: 0.31mg (15.59%), Magnesium: 61.1mg (15.28%), Copper: 0.23mg (11.74%), Vitamin A: 437.03IU (8.74%), Vitamin E: 1.23mg (8.19%), Vitamin D: 1.18µg (7.84%), Fiber: 1.24g (4.97%), Vitamin K: 3.36µg (3.2%), Vitamin C: 2.59mg (3.14%)