



Brandi's Best Burgers

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup breadcrumbs dried
- 1 packet onion soup mix dry
- 2 pounds ground beef lean
- 1 teaspoon hot sauce hot
- 0.5 cup water

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, water, hot sauce and bread crumbs.
- Mix together well and form into patties.
- Grill patties over medium high heat for 10 to 20 minutes, or to desired doneness.

Nutrition Facts

PROTEIN 51.43% **FAT 27.7%** **CARBS 20.87%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:13.059565159209%

Nutrients (% of daily need)

Calories: 210.05kcal (10.5%), Fat: 6.23g (9.58%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 9.76g (3.55%), Sugar: 0.87g (0.96%), Cholesterol: 70.31mg (23.44%), Sodium: 564.46mg (24.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.01%), Vitamin B12: 2.58µg (42.93%), Zinc: 5.98mg (39.85%), Vitamin B3: 6.98mg (34.88%), Selenium: 22.53µg (32.19%), Phosphorus: 251.84mg (25.18%), Vitamin B6: 0.49mg (24.33%), Iron: 3.25mg (18.07%), Vitamin B2: 0.24mg (13.97%), Potassium: 448.97mg (12.83%), Vitamin B1: 0.16mg (10.57%), Vitamin B5: 0.83mg (8.27%), Magnesium: 32.47mg (8.12%), Manganese: 0.14mg (6.89%), Copper: 0.13mg (6.66%), Folate: 16.53µg (4.13%), Calcium: 36.37mg (3.64%), Fiber: 0.79g (3.15%), Vitamin E: 0.33mg (2.22%), Vitamin K: 1.09µg (1.04%)