



## Burger With Mushrooms and Radicchio

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 teaspoon pepper black divided freshly ground
- 1.3 pounds ground sirloin
- 8 ounce hamburger buns whole-wheat split
- 0.3 teaspoon kosher salt
- 1 pound exotic mushrooms mixed trimmed
- 1 tablespoon olive oil
- 1 small head radicchio thinly sliced into thin rings

### Equipment

- frying pan
- kitchen thermometer

## Directions

- In a large nonstick skillet, heat oil over medium-high heat.
- Add mushrooms and 1/4 teaspoon each salt and pepper, and cook, stirring, until tender and golden (4-6 minutes).
- Transfer mushrooms to a plate. Wipe out skillet; reserve.
- With clean hands, form meat into 4 patties; sprinkle remaining 1/2 teaspoon pepper over both sides of burgers. Return skillet to medium-high heat; cook burgers until medium (5-6 minutes per side), or until a meat thermometer inserted in the center reads 16
- Place 1/4 of the radicchio slices, then burgers, on bottom buns; divide mushrooms among burgers and top with other half of bun.

## Nutrition Facts

**PROTEIN 27.29%** **FAT 46.9%** **CARBS 25.81%**

## Properties

Glycemic Index:31.5, Glycemic Load:17.85, Inflammation Score:-5, Nutrition Score:31.331739093946%

## Flavonoids

Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Luteolin: 14.25mg, Luteolin: 14.25mg, Luteolin: 14.25mg, Luteolin: 14.25mg Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg

## Nutrients (% of daily need)

Calories: 528.4kcal (26.42%), Fat: 27.47g (42.26%), Saturated Fat: 9.36g (58.5%), Carbohydrates: 34.02g (11.34%), Net Carbohydrates: 31.44g (11.43%), Sugar: 6.6g (7.33%), Cholesterol: 96.39mg (32.13%), Sodium: 533.05mg (23.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.97g (71.94%), Vitamin K: 102.91µg (98.01%), Selenium: 48.72µg (69.6%), Vitamin B3: 13.15mg (65.77%), Vitamin B12: 3.23µg (53.91%), Zinc: 7.59mg (50.61%), Vitamin B2: 0.85mg (50.05%), Phosphorus: 412.77mg (41.28%), Vitamin B6: 0.67mg (33.33%), Copper: 0.65mg (32.52%), Iron: 5.75mg (31.92%), Vitamin B1: 0.47mg (31.04%), Potassium: 966.23mg (27.61%), Folate: 103.64µg (25.91%), Vitamin B5: 2.58mg (25.82%), Manganese: 0.48mg (24.05%), Vitamin E: 2.04mg (13.63%), Magnesium: 54.28mg (13.57%), Calcium: 115.22mg (11.52%), Fiber: 2.59g (10.35%), Vitamin C: 6.12mg (7.42%), Vitamin D: 0.37µg (2.46%)