



Cajun Burgers

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon garlic minced
- 0.8 pound ground beef
- 0.3 teaspoon ground pepper black
- 0.3 teaspoon ground pepper red
- 0.3 pound sausage meat
- 4 hamburger buns
- 1 slices toppings: lettuce
- 4 servings cajun mustard

- 0.8 cup onion diced green red frozen
- 1 tablespoon paprika
- 1 teaspoon salt

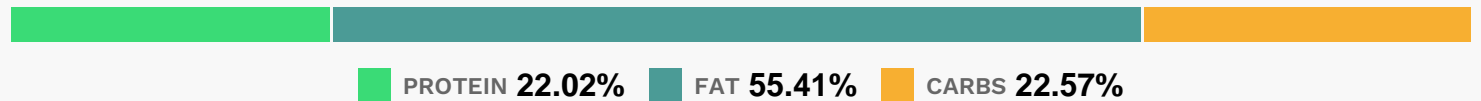
Equipment

- grill

Directions

- Preheat grill to 350 to 400 (medium-high). Gently combine ground chuck, sausage, and next 6 ingredients. Shape mixture into 4 (4-inch) patties.
- Grill patties, covered with grill lid, over 350 to 400 (medium-high) heat 4 to 5 minutes on each side or until beef is no longer pink in center.
- Grill hamburger buns, cut sides down, 1 to 2 minutes or until lightly toasted.
- Serve burgers on buns with Cajun Mustard and desired toppings.

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:13.12, Inflammation Score:-7, Nutrition Score:17.784782575524%

Flavonoids

Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 437.61kcal (21.88%), Fat: 26.68g (41.05%), Saturated Fat: 9.45g (59.09%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 22.3g (8.11%), Sugar: 4.08g (4.53%), Cholesterol: 80.8mg (26.93%), Sodium: 1088.32mg (47.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.72%), Selenium: 26.39µg (37.7%), Vitamin B12: 2.15µg (35.78%), Vitamin B3: 7.08mg (35.41%), Zinc: 4.64mg (30.96%), Vitamin C: 23.59mg (28.6%), Vitamin B1: 0.38mg (25.42%), Vitamin B6: 0.5mg (25.24%), Phosphorus: 234.32mg (23.43%), Iron: 4.02mg (22.36%), Vitamin A: 1044.57IU (20.89%), Vitamin B2: 0.32mg (19%), Manganese: 0.36mg (18.16%), Potassium: 456.35mg (13.04%), Folate: 50.91µg (12.73%), Magnesium: 37.25mg (9.31%), Calcium: 92.23mg (9.22%), Fiber: 2.16g (8.64%), Vitamin E: 1.19mg (7.92%), Copper: 0.16mg (7.85%), Vitamin K: 7.63µg (7.27%), Vitamin B5: 0.71mg (7.1%), Vitamin D: 0.45µg

(3.02%)