



## Cheeseburger & chips

READY IN



70 min.

SERVINGS



10

CALORIES



588 kcal

SIDE DISH

### Ingredients

- 10 servings ground beef lean
- 1 onion finely chopped
- 140 g breadcrumbs
- 100 g cheddar cheese grated
- 1 small bunch parsley chopped
- 1 tbsp worcestershire sauce
- 1 eggs with a fork lightly beaten
- 1 tsp chili powder
- 2.5 kg potatoes cut into chunky chips

- 3 tbsp flour plain
- 10 tsp unrefined sunflower oil
- 10 servings hawaiian rolls red sliced


## Equipment

- bowl
- oven
- baking pan
- grill
- kitchen timer

## Directions

- Tip the mince into a large bowl with the onion, breadcrumbs, cheese, parsley, Worcestershire sauce, egg, chilli powder, tsp salt and some pepper.
- Mix together well with your hands, then divide the mixture into 10 and shape into burgers.
- Bring 2 large saucepans of water to the boil (or prepare the chips in batches if you dont have enough big pans).
- Add the chips, bring the water back to the boil and set your timer for 3 mins. After 3 mins, drain the potatoes well and tip onto one or two large kitchen-papercovered trays. Scatter with the flour and some seasoning and gently toss to coat.
- Freeze the burgers and chips (see freezing tips, below) or, to cook straight away, heat oven to 200C/180C fan/gas
- In a baking tray, toss the chips in a little oil, then roast for 35–40 mins until crisp and golden. Meanwhile, heat a griddle pan, grill or barbecue until hot, then cook the burgers for about 5–8 mins on each side, or until cooked to your liking. Sandwich the burgers in toasted buns with salad and sauces, then serve with the chips.

## Nutrition Facts

 PROTEIN 22.38%  FAT 23.57%  CARBS 54.05%

## Properties

Glycemic Index:30.67, Glycemic Load:46.44, Inflammation Score:-8, Nutrition Score:35.56391292033%

## Flavonoids

Apigenin: 12.28mg, Apigenin: 12.28mg, Apigenin: 12.28mg, Apigenin: 12.28mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

## Nutrients (% of daily need)

Calories: 587.8kcal (29.39%), Fat: 15.33g (23.59%), Saturated Fat: 5.03g (31.45%), Carbohydrates: 79.14g (26.38%), Net Carbohydrates: 71.7g (26.07%), Sugar: 6.71g (7.45%), Cholesterol: 79.07mg (26.36%), Sodium: 487.85mg (21.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.76g (65.52%), Vitamin K: 102.32µg (97.45%), Vitamin C: 58.43mg (70.82%), Vitamin B6: 1.15mg (57.7%), Vitamin B3: 10.3mg (51.52%), Selenium: 35.83µg (51.19%), Phosphorus: 442.6mg (44.26%), Potassium: 1509.18mg (43.12%), Vitamin B1: 0.64mg (42.52%), Zinc: 6.1mg (40.68%), Manganese: 0.8mg (40.15%), Iron: 6.83mg (37.97%), Vitamin B12: 2.18µg (36.4%), Fiber: 7.43g (29.74%), Folate: 118.9µg (29.73%), Vitamin B2: 0.49mg (28.8%), Magnesium: 100.41mg (25.1%), Copper: 0.45mg (22.33%), Calcium: 211.8mg (21.18%), Vitamin E: 2.51mg (16.74%), Vitamin B5: 1.52mg (15.2%), Vitamin A: 691.18IU (13.82%), Vitamin D: 0.23µg (1.55%)