

# Chili Burgers

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



8

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup chili sauce
- 1.5 pounds ground beef
- 0.5 pound ground sausage italian
- 8 servings salt and pepper to taste

## Equipment

- bowl
- grill

## Directions

- Preheat a grill for high heat. When the grill is hot, lightly oil the grate.
- In a medium bowl, mix together the ground beef, Italian sausage, chili sauce, salt and pepper. Form 8 balls out of the meat, and flatten into patties.
- Grill patties for 5 minutes per side, or until well done.
- Serve on buns with your favorite toppings.

## Nutrition Facts

**PROTEIN 23.75%** **FAT 73.19%** **CARBS 3.06%**

## Properties

Glycemic Index:3.5, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:9.9786956077037%

## Nutrients (% of daily need)

Calories: 324.58kcal (16.23%), Fat: 25.93g (39.89%), Saturated Fat: 9.73g (60.79%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.16g (0.79%), Sugar: 1.51g (1.68%), Cholesterol: 81.93mg (27.31%), Sodium: 610.43mg (26.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.93g (37.85%), Vitamin B12: 2.08µg (34.63%), Selenium: 19.91µg (28.45%), Zinc: 4.08mg (27.21%), Vitamin B3: 4.7mg (23.49%), Vitamin B6: 0.38mg (18.9%), Phosphorus: 180.55mg (18.05%), Vitamin B1: 0.21mg (13.86%), Iron: 2.08mg (11.54%), Vitamin B2: 0.18mg (10.67%), Potassium: 343.48mg (9.81%), Vitamin B5: 0.57mg (5.72%), Magnesium: 19.8mg (4.95%), Copper: 0.09mg (4.47%), Vitamin E: 0.57mg (3.78%), Vitamin C: 2.39mg (2.89%), Folate: 9.25µg (2.31%), Calcium: 22.81mg (2.28%), Vitamin K: 2.12µg (2.02%), Vitamin A: 77.35IU (1.55%), Manganese: 0.03mg (1.27%), Fiber: 0.27g (1.09%)