



Chimichurri Burgers

READY IN



25 min.

SERVINGS



25

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb ground beef
- 6 hamburger buns
- 6 singles kraft
- 25 servings our favorite chimichurri divided
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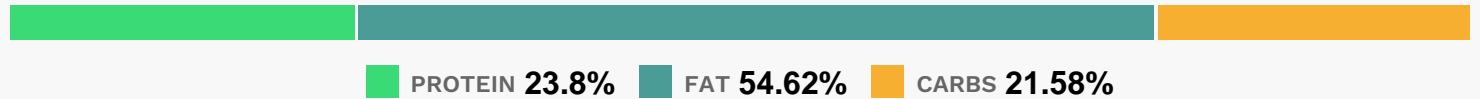
Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Mix meat and 3 Tbsp. Our Favorite Chimichurri just until blended; shape into 6 (1/2-inch-thick) patties.
- Grill 5 to 6 min. on each side or until done (160F). Top with Singles; grill 1 min. or until melted.
- Fill buns with cheeseburgers and remaining chimichurri.

Nutrition Facts



Properties

Glycemic Index:2.48, Glycemic Load:3.09, Inflammation Score:-1, Nutrition Score:3.3882608860731%

Nutrients (% of daily need)

Calories: 98.28kcal (4.91%), Fat: 5.85g (9%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 5.01g (1.82%), Sugar: 0.77g (0.85%), Cholesterol: 19.36mg (6.45%), Sodium: 72.33mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Vitamin B12: 0.6µg (10.05%), Selenium: 6.89µg (9.84%), Zinc: 1.22mg (8.13%), Vitamin B3: 1.58mg (7.91%), Phosphorus: 55.64mg (5.56%), Iron: 0.88mg (4.9%), Vitamin B6: 0.09mg (4.72%), Vitamin B1: 0.07mg (4.52%), Vitamin B2: 0.07mg (4.21%), Manganese: 0.06mg (2.99%), Folate: 11.61µg (2.9%), Potassium: 86.64mg (2.48%), Calcium: 21.47mg (2.15%), Magnesium: 7mg (1.75%), Copper: 0.03mg (1.39%), Vitamin B5: 0.14mg (1.37%)