



## Chris' Bay Area Burger

 Dairy Free  Popular

READY IN



30 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon pepper black freshly ground
- 0.5 teaspoon basil leaves dried
- 2 tablespoons olive oil extra virgin
- 2 cloves garlic minced
- 1 pound ground beef
- 4 hamburger buns split
- 1.5 teaspoons salt

## Equipment

oven

grill

## Directions

Preheat an outdoor grill for high heat.

Mix together the ground beef, garlic, olive oil, salt, pepper, and basil. Divide into four balls, and flatten into patties.

Cook the patties for about 3 to 5 minutes on each side, or to desired doneness. The internal temperature should be at least 160 degrees F (70 degrees C).

Remove from grill and place onto hamburger buns. Top with desired toppings and condiments.

## Nutrition Facts



**PROTEIN 20.4%** **FAT 60.42%** **CARBS 19.18%**

## Properties

Glycemic Index:31, Glycemic Load:13.08, Inflammation Score:-2, Nutrition Score:15.187391315465%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 473.66kcal (23.68%), Fat: 31.39g (48.29%), Saturated Fat: 10.04g (62.75%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 21.44g (7.8%), Sugar: 3.15g (3.5%), Cholesterol: 80.51mg (26.84%), Sodium: 1161.04mg (50.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.7%), Vitamin B12: 2.51µg (41.88%), Selenium: 28.95µg (41.36%), Zinc: 5.09mg (33.92%), Vitamin B3: 6.61mg (33.07%), Phosphorus: 226.03mg (22.6%), Iron: 3.91mg (21.71%), Vitamin B6: 0.42mg (20.75%), Vitamin B1: 0.29mg (19.06%), Vitamin B2: 0.3mg (17.62%), Manganese: 0.35mg (17.62%), Folate: 48.88µg (12.22%), Vitamin K: 11.31µg (10.77%), Vitamin E: 1.61mg (10.73%), Potassium: 374.83mg (10.71%), Calcium: 90.67mg (9.07%), Magnesium: 31.31mg (7.83%), Copper: 0.13mg (6.52%), Vitamin B5: 0.59mg (5.86%), Fiber: 0.98g (3.92%), Vitamin C: 1.03mg (1.25%)