



Chris's Meat Hamburger Patties

 Dairy Free

READY IN



40 min.

SERVINGS



5

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon five spice powder chinese ()
- 1 tablespoon basil finely chopped ()
- 0.3 teaspoon pepper black freshly ground ()
- 0.5 cup breadcrumbs dried
- 0.5 teaspoon ground pepper
- 1 teaspoon pepper flakes finely minced (from the jar)
- 0.5 teaspoon chili powder
- 1 tablespoon chili sauce hot (we use Fountains)

- 1 eggs
- 2 garlic clove minced ()
- 1 kg ground beef minced ()
- 1 tablespoon oregano finely chopped ()
- 2 tablespoons satay sauce (we use Jimmy's)
- 0.1 teaspoon salt (pinch)
- 1 teaspoon soya sauce
- 1 spring onion finely sliced ()
- 1 teaspoon thyme leaves finely chopped ()
- 4 tablespoons tomato sauce
- 4 tablespoons worcestershire sauce (we actually use lancashire)

Equipment

- bowl
- oven
- grill

Directions

- With the exception of the dried bread crumbs put all ingredients into a large bowl and mix well together (best to use hands). Slowly add breadcrumbs mixing well between additions until the mixture loses its sloppiness and no longer glistens but is of a matt consistency and no longer sticking to your hands (add too much and will start to stick to your hands again depending on how much fat is in the mince). Form into meat patties. Over high heat (hot rock grill) on the b-b-q cook for 3 minutes, then turn (not flip leaving on side it is cooking) and cook for a further 3 minutes, flip the burger and repeat the procedure on this side. Move burgers to indirect heat (on a rack or to a side plate) and cook for a further 5 to 10 minutes (depending on how thick you have made the patties). This will be a well done patty. Cooking time can change between b-b-q's and personal taste. ALTERNATIVE COOKING METHOD - put patties onto a foiled lined tray and bake in a 175C fan forced oven for about 35 to 40 minutes.

Nutrition Facts



■ PROTEIN 25.55% ■ FAT 64.31% ■ CARBS 10.14%

Properties

Glycemic Index:71.2, Glycemic Load:0.47, Inflammation Score:-8, Nutrition Score:22.711738700452%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 604.63kcal (30.23%), Fat: 42.49g (65.36%), Saturated Fat: 15.79g (98.7%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 13.53g (4.92%), Sugar: 4.15g (4.61%), Cholesterol: 174.74mg (58.25%), Sodium: 712.51mg (30.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.98g (75.96%), Vitamin B12: 4.4µg (73.27%), Zinc: 8.79mg (58.61%), Selenium: 35.93µg (51.32%), Vitamin B3: 9.63mg (48.16%), Phosphorus: 374.15mg (37.42%), Vitamin B6: 0.74mg (36.94%), Iron: 6.17mg (34.27%), Vitamin B2: 0.43mg (25.05%), Potassium: 777.3mg (22.21%), Vitamin K: 18.51µg (17.63%), Vitamin B1: 0.22mg (14.6%), Manganese: 0.26mg (12.86%), Vitamin B5: 1.27mg (12.69%), Magnesium: 50.17mg (12.54%), Copper: 0.23mg (11.36%), Calcium: 104.12mg (10.41%), Vitamin E: 1.51mg (10.04%), Folate: 37.29µg (9.32%), Vitamin C: 6.32mg (7.67%), Vitamin A: 365.61IU (7.31%), Fiber: 1.55g (6.18%), Vitamin D: 0.38µg (2.51%)