



Chuck Wagon Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 envelope onion soup mix
- 0.5 cup water
- 2 pounds ground beef
- 16.3 ounces grands flaky refrigerator biscuits refrigerated
- 0.1 teaspoon lawry's seasoned salt

Equipment

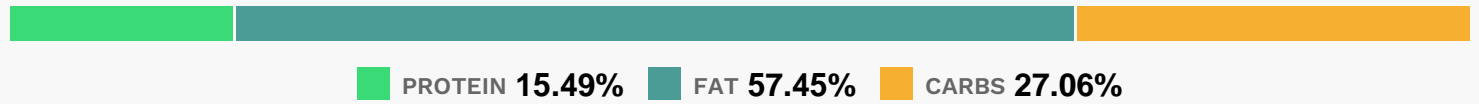
- bowl
- baking sheet

- oven
- grill
- kitchen thermometer

Directions

- In a large bowl, combine soup mix and water; crumble beef over mixture and mix well. Shape into eight 3/4-in.-thick patties.
- Grill, uncovered, or broil 4 in. from the heat for 5–6 minutes on each side or until a thermometer reads 160° and juices run clear.
- Meanwhile, place biscuits on ungreased baking sheets; sprinkle with seasoned salt.
- Bake at 375° for 12–14 minutes or until golden brown. Split; top each biscuit with a hamburger.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:23.1, Inflammation Score:-2, Nutrition Score:14.620000122034%

Nutrients (% of daily need)

Calories: 599.58kcal (29.98%), Fat: 37.83g (58.2%), Saturated Fat: 13.38g (83.65%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 39.02g (14.19%), Sugar: 12.71g (14.12%), Cholesterol: 80.51mg (26.84%), Sodium: 718.5mg (31.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.89%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.08mg (33.87%), Vitamin B3: 6.76mg (33.81%), Selenium: 20.84µg (29.77%), Phosphorus: 227.84mg (22.78%), Iron: 3.98mg (22.13%), Vitamin B6: 0.44mg (21.82%), Vitamin B2: 0.36mg (21.35%), Vitamin B1: 0.27mg (17.77%), Manganese: 0.29mg (14.6%), Folate: 54.73µg (13.68%), Vitamin E: 1.88mg (12.54%), Potassium: 393.06mg (11.23%), Vitamin K: 8.47µg (8.06%), Vitamin B5: 0.79mg (7.86%), Magnesium: 30.51mg (7.63%), Copper: 0.14mg (7.06%), Fiber: 1.08g (4.32%), Calcium: 35.54mg (3.55%), Vitamin A: 50.43IU (1.01%)