



Colombian Style Hamburgers (Hamburguesas Colombianas)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cole slaw
- ☐ 2 garlic cloves finely chopped
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground paprika
- ☐ 4 hamburger buns
- ☐ 4 servings catsup

- ☐ 4 servings lettuce
- ☐ 4 servings mayonnaise
- ☐ 4 servings mustard
- ☐ 4 servings salt and pepper black
- ☐ 2 scallions finely chopped
- ☐ 4 servings tomatoes
- ☐ 0.5 cup onion white chopped

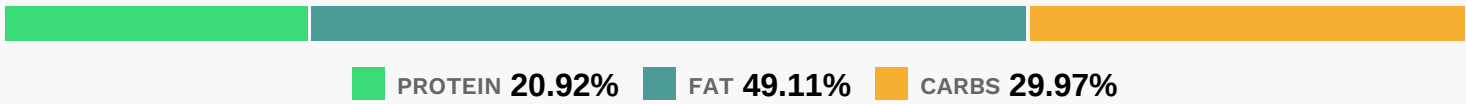
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In a large plastic bowl add the ground beef, garlic, scallions, onion, cumin, paprika, salt and pepper.
- ☐ Mix well and refrigerate for about 1 hour. Form 4 patties.
- ☐ Heat a grill or sauté pan and cook the hamburgers for 5 minutes on each side until done.
- ☐ Remove to a plate and cover with aluminum foil. Allow the hamburgers to rest for 5 minutes and serve immediately on buns with the condiments.

Nutrition Facts



Properties

Glycemic Index:91.75, Glycemic Load:15.91, Inflammation Score:-9, Nutrition Score:27.12739134094%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg

Nutrients (% of daily need)

Calories: 511.96kcal (25.6%), Fat: 28.13g (43.28%), Saturated Fat: 9.63g (60.19%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 33.74g (12.27%), Sugar: 13.96g (15.51%), Cholesterol: 82.19mg (27.4%), Sodium: 719.24mg (31.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.96g (53.93%), Vitamin K: 60.22µg (57.35%), Selenium: 31.07µg (44.38%), Vitamin A: 2155.79IU (43.12%), Vitamin B12: 2.52µg (41.96%), Vitamin B3: 8.1mg (40.52%), Vitamin C: 31.81mg (38.56%), Zinc: 5.65mg (37.68%), Manganese: 0.67mg (33.72%), Vitamin B6: 0.65mg (32.67%), Phosphorus: 305.95mg (30.6%), Potassium: 1022.01mg (29.2%), Iron: 5.02mg (27.89%), Folate: 111.27µg (27.82%), Vitamin B1: 0.41mg (27.66%), Vitamin B2: 0.4mg (23.27%), Fiber: 4.88g (19.54%), Magnesium: 64.43mg (16.11%), Vitamin E: 2.17mg (14.44%), Copper: 0.28mg (14.12%), Calcium: 136.84mg (13.68%), Vitamin B5: 0.88mg (8.83%)