



Cumin Corn Burgers

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup corn kernels whole cooked
- 3 teaspoons cumin seeds
- 1 pound ground beef
- 3 teaspoons ground cumin
- 4 servings salt and pepper to taste

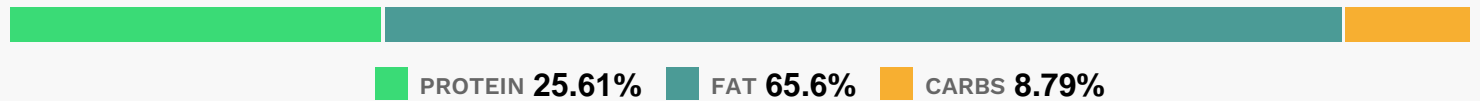
Equipment

- bowl
- grill

Directions

- Preheat grill for high heat.
- In a large bowl, combine beef, ground cumin, cumin seeds, corn, and salt and pepper.
- Mix together and form into patties.
- Lightly oil grate, and place patties onto grill. Cook for 3 to 4 minutes per side, or until cooked through.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:11.921739091044%

Nutrients (% of daily need)

Calories: 326.75kcal (16.34%), Fat: 23.85g (36.69%), Saturated Fat: 8.85g (55.3%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 6.06g (2.2%), Sugar: 1.89g (2.1%), Cholesterol: 80.51mg (26.84%), Sodium: 358.86mg (15.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.94g (41.89%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.02mg (33.44%), Vitamin B3: 5.34mg (26.7%), Selenium: 17.41µg (24.87%), Iron: 4.3mg (23.91%), Phosphorus: 213mg (21.3%), Vitamin B6: 0.39mg (19.72%), Vitamin B2: 0.21mg (12.6%), Potassium: 413.97mg (11.83%), Magnesium: 35.59mg (8.9%), Manganese: 0.16mg (7.93%), Vitamin B5: 0.71mg (7.15%), Folate: 23.41µg (5.85%), Vitamin B1: 0.08mg (5.52%), Copper: 0.11mg (5.44%), Calcium: 49.69mg (4.97%), Fiber: 1.13g (4.54%), Vitamin E: 0.6mg (4.01%), Vitamin K: 2.2µg (2.1%), Vitamin A: 56.55IU (1.13%), Vitamin C: 0.89mg (1.08%)