



Delicious Grilled Hamburgers



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon garlic powder
- ☐ 1 pound ground beef lean
- ☐ 1 tablespoon liquid smoke flavoring
- ☐ 1 tablespoon olive oil
- ☐ 3 servings lawry's seasoned salt to taste
- ☐ 1 tablespoon worcestershire sauce

Equipment

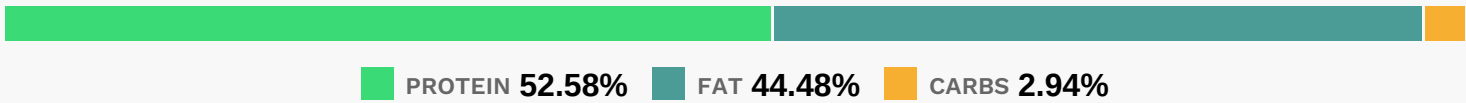
- ☐ bowl

☐ grill

Directions

- ☐ Preheat a grill for high heat.
- ☐ In a medium bowl, lightly mix together the ground beef, Worcestershire sauce, liquid smoke and garlic powder. Form into 3 patties, handling the meat minimally.
- ☐ Brush both sides of each patty with some oil, and season with seasoned salt.
- ☐ Place the patties on the grill grate, and cook for about 5 minutes per side, until well done.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:15.246521852587%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 256.07kcal (12.8%), Fat: 12.23g (18.82%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.59g (0.66%), Cholesterol: 93.74mg (31.25%), Sodium: 379.04mg (16.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.54g (65.07%), Vitamin B12: 3.39µg (56.45%), Zinc: 7.74mg (51.58%), Vitamin B3: 8.35mg (41.77%), Selenium: 26.58µg (37.97%), Phosphorus: 306.91mg (30.69%), Vitamin B6: 0.61mg (30.46%), Iron: 3.98mg (22.13%), Potassium: 580.49mg (16.59%), Vitamin B2: 0.25mg (14.84%), Vitamin B5: 0.98mg (9.78%), Magnesium: 34.78mg (8.69%), Vitamin E: 1.11mg (7.38%), Copper: 0.13mg (6.66%), Vitamin B1: 0.07mg (4.69%), Vitamin K: 3.32µg (3.17%), Folate: 8.48µg (2.12%), Calcium: 20.63mg (2.06%), Manganese: 0.03mg (1.27%), Vitamin D: 0.15µg (1.01%)