



Dominican Chimichurri Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cabbage thinly sliced
- ☐ 1 carrots grated
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 garlic cloves minced
- ☐ 1.3 pound ground beef chuck
- ☐ 4 hamburger buns split
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons mayonnaise

- ☐ 1 medium onion finely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 large bell pepper diced red
- ☐ 1 small onion red cut into rings
- ☐ 2 teaspoons soya sauce
- ☐ 1 tomatoes sliced
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 tablespoon mustard yellow

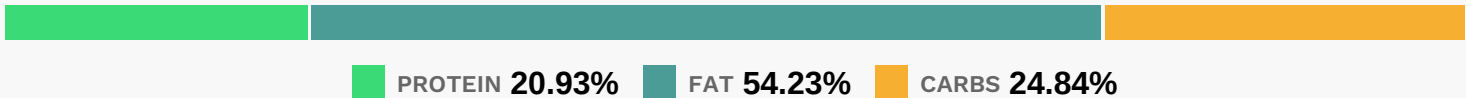
Equipment

- ☐ frying pan

Directions

- ☐ Mix together beef, onion, bell pepper, garlic, cilantro, oregano, soy sauce, Worcestershire sauce, a scant 1/2 teaspoon salt, and 1/2 teaspoon pepper. Form into 4 (4 1/2-inch-wide) patties.
- ☐ Heat a large griddle or 12-inch heavy skillet over medium heat until hot, then lightly toast buns.
- ☐ Oil griddle, then cook patties, turning once, about 8 minutes total for medium-rare.
- ☐ Transfer to buns.
- ☐ Mix together cabbage, carrot, and 1/4 teaspoon salt, then cook, turning occasionally, until slightly wilted, about 2 minutes. Divide among burgers.
- ☐ Oil griddle again, then sear onion and tomato, turning once, until slightly charred, about 2 minutes total. Divide among burgers.
- ☐ Stir together ketchup, mayonnaise, and mustard, then top burgers with sauce.

Nutrition Facts



Properties

Glycemic Index:110.21, Glycemic Load:15.78, Inflammation Score:-10, Nutrition Score:29.80782649828%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.32mg, Quercetin: 12.32mg, Quercetin: 12.32mg, Quercetin: 12.32mg

Nutrients (% of daily need)

Calories: 594.28kcal (29.71%), Fat: 35.69g (54.91%), Saturated Fat: 12.14g (75.86%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 32.47g (11.81%), Sugar: 11.19g (12.43%), Cholesterol: 103.58mg (34.53%), Sodium: 706.32mg (30.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31g (61.99%), Vitamin A: 3629.16IU (72.58%), Vitamin C: 50.51mg (61.22%), Vitamin K: 55.88µg (53.22%), Vitamin B12: 3.13µg (52.13%), Selenium: 35.16µg (50.22%), Zinc: 6.64mg (44.28%), Vitamin B3: 8.79mg (43.97%), Vitamin B6: 0.75mg (37.32%), Phosphorus: 328.08mg (32.81%), Iron: 5.35mg (29.73%), Manganese: 0.55mg (27.65%), Vitamin B1: 0.39mg (26.12%), Vitamin B2: 0.43mg (25.37%), Folate: 97.01µg (24.25%), Potassium: 827.63mg (23.65%), Fiber: 4.3g (17.2%), Magnesium: 58.03mg (14.51%), Calcium: 144.42mg (14.44%), Vitamin E: 1.83mg (12.22%), Copper: 0.22mg (11.18%), Vitamin B5: 1.05mg (10.47%), Vitamin D: 0.16µg (1.04%)