



Essentials: Hamburgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef fresh
- 1 teaspoon olive oil
- 4 servings salt and pepper freshly ground
- 1 tablespoon shallots minced
- 4 hawaiian rolls

Equipment

- frying pan

Directions

Sauté the shallots in a small pan until soft in 1 teaspoon butter or mild olive oil.

Nutrition Facts

PROTEIN 23.1% **FAT 55.53%** **CARBS 21.37%**

Properties

Glycemic Index:23, Glycemic Load:12.98, Inflammation Score:-2, Nutrition Score:14.203043479391%

Nutrients (% of daily need)

Calories: 418.64kcal (20.93%), Fat: 25.36g (39.02%), Saturated Fat: 9.2g (57.51%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 21.11g (7.68%), Sugar: 3.33g (3.7%), Cholesterol: 80.51mg (26.84%), Sodium: 482.51mg (20.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.73g (47.47%), Vitamin B12: 2.51µg (41.88%), Selenium: 28.74µg (41.05%), Zinc: 5.06mg (33.76%), Vitamin B3: 6.6mg (32.98%), Phosphorus: 224.1mg (22.41%), Iron: 3.71mg (20.62%), Vitamin B6: 0.4mg (20.1%), Vitamin B1: 0.28mg (18.92%), Vitamin B2: 0.3mg (17.41%), Manganese: 0.26mg (12.85%), Folate: 49.21µg (12.3%), Potassium: 367.03mg (10.49%), Calcium: 83.39mg (8.34%), Magnesium: 29.7mg (7.42%), Copper: 0.12mg (5.92%), Vitamin B5: 0.58mg (5.77%), Vitamin E: 0.73mg (4.84%), Vitamin K: 4.73µg (4.5%), Fiber: 0.85g (3.42%)