



 **58%**  
HEALTH SCORE

## Grilled French Dip Burgers

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



2485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup water
- 1 oz onion soup mix dry
- 2 tablespoons water
- 1 lb ground beef 80% lean (at least )
- 8 bread french (1/)

### Equipment

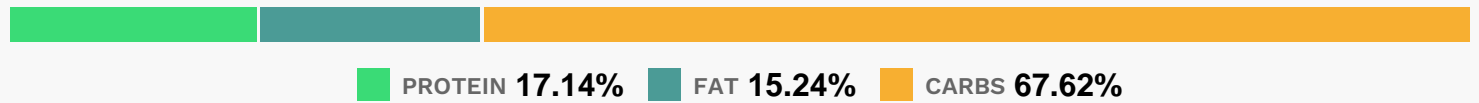
- bowl
- sauce pan

- grill
- kitchen thermometer

## Directions

- Heat gas or charcoal grill. To make hot broth in 1-quart saucepan, mix 1 cup water and 2 tablespoons of the soup mix.
- Heat to boiling. Reduce heat to low; cover and simmer while making and grilling patties.
- In medium bowl, mix 2 tablespoons water and the remaining soup mix until well blended. Stir in ground beef. Shape mixture into 4 oval-shaped patties, 1/2 inch thick.
- Place patties on grill; cover grill. Cook with medium heat 11 to 13 minutes, turning once, until thermometer inserted in center of patties reads 160°F. During last 2 minutes of cooking time, place bread slices on grill; cook 1 to 2 minutes, turning once, until lightly toasted.
- To serve, place each patty between 2 slices French bread.
- Serve with hot broth for dipping.

## Nutrition Facts



## Properties

Glycemic Index:20.13, Glycemic Load:320.07, Inflammation Score:-10, Nutrition Score:58.141304360298%

## Nutrients (% of daily need)

Calories: 2484.8kcal (124.24%), Fat: 42.06g (64.71%), Saturated Fat: 12.94g (80.87%), Carbohydrates: 419.81g (139.94%), Net Carbohydrates: 401.74g (146.09%), Sugar: 37.29g (41.43%), Cholesterol: 80.51mg (26.84%), Sodium: 5464.5mg (237.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 106.4g (212.8%), Vitamin B1: 5.75mg (383.24%), Selenium: 246.16µg (351.66%), Folate: 991.94µg (247.98%), Vitamin B3: 43.46mg (217.29%), Manganese: 4.25mg (212.52%), Vitamin B2: 3.6mg (211.96%), Iron: 33.57mg (186.49%), Phosphorus: 1034.12mg (103.41%), Zinc: 13.15mg (87.64%), Fiber: 18.07g (72.27%), Magnesium: 280.2mg (70.05%), Copper: 1.32mg (66.04%), Vitamin B6: 1.26mg (63.18%), Calcium: 448.55mg (44.85%), Vitamin B12: 2.43µg (40.45%), Potassium: 1293.27mg (36.95%), Vitamin B5: 3.3mg (33.02%), Vitamin E: 2.15mg (14.36%), Vitamin K: 7.74µg (7.37%)