



French Beef Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 recipe beef burgers
- ☐ 8 oz brioche buns toasted
- ☐ 3 oz goat cheese sliced
- ☐ 4 oz roasted peppers red jarred

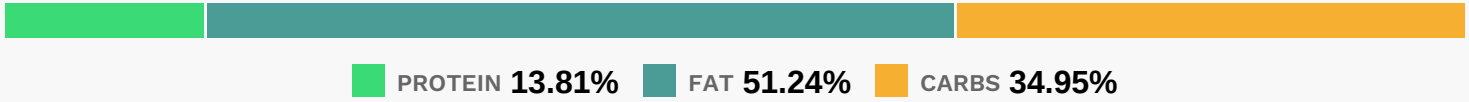
Equipment

- ☐ grill

Directions

- ☐ Form sirloin into 4 (4-inch) patties; season with salt and pepper.
- ☐ Heat grill to medium-high; cook, turning once, until burgers are 160 inside for medium (5–6 minutes per side).
- ☐ Serve with desired toppings and buns.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:3.989999951151%

Nutrients (% of daily need)

Calories: 305.11kcal (15.26%), Fat: 17.6g (27.08%), Saturated Fat: 10.45g (65.28%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 26.68g (9.7%), Sugar: 0.19g (0.21%), Cholesterol: 106.91mg (35.64%), Sodium: 725.63mg (31.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Vitamin A: 852.97IU (17.06%), Vitamin C: 13.18mg (15.98%), Copper: 0.19mg (9.63%), Calcium: 73.81mg (7.38%), Iron: 1.2mg (6.68%), Phosphorus: 60.5mg (6.05%), Vitamin B2: 0.09mg (5.27%), Vitamin B6: 0.1mg (5.22%), Manganese: 0.07mg (3.33%), Folate: 7.1µg (1.78%), Zinc: 0.26mg (1.71%), Magnesium: 6.56mg (1.64%), Vitamin B5: 0.16mg (1.57%), Vitamin B1: 0.02mg (1.47%), Fiber: 0.34g (1.36%), Potassium: 47.59mg (1.36%), Vitamin B3: 0.26mg (1.29%), Selenium: 0.72µg (1.03%)