



French Onion Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large egg white lightly beaten
- 1 pound ground round
- 6 ounce hamburger buns split french toasted
- 2 cups onion chopped
- 0.3 teaspoon pepper
- 4 teaspoons cheese salad dressing fat-free blue french
- 1 teaspoon salt
- 2 teaspoons vegetable oil

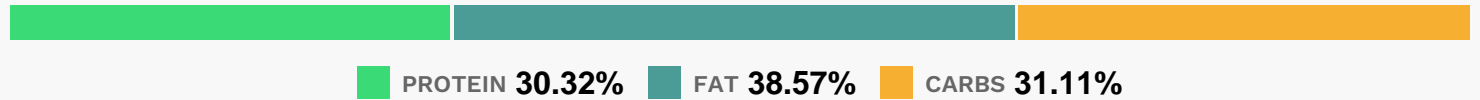
Equipment

- bowl
- frying pan

Directions

- Heat oil in a 12-inch cast-iron skillet over medium-high heat.
- Add onion; saut 10 minutes or until tender. Spoon onion into a bowl; let cool.
- Add beef, pepper, and egg white to onion, and stir well. Divide beef mixture into 4 equal portions, shaping into 3/4-inch-thick patties.
- Sprinkle salt evenly over surface of skillet.
- Heat salt in skillet over high heat 2 minutes.
- Add patties; cook 5 minutes on each side or until done.
- Place patties on bottom halves of rolls; top each with 1 teaspoon French dressing and top halves of buns.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:14.4, Inflammation Score:-5, Nutrition Score:17.631739215358%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 384.32kcal (19.22%), Fat: 16.19g (24.91%), Saturated Fat: 5.46g (34.1%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 27.24g (9.91%), Sugar: 6.98g (7.75%), Cholesterol: 73.71mg (24.57%), Sodium: 922.92mg (40.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.29%), Selenium: 32.53µg (46.47%), Vitamin B12: 2.6µg (43.31%), Zinc: 5.89mg (39.24%), Vitamin B3: 7.64mg (38.19%), Phosphorus: 276.84mg (27.68%), Vitamin B6:

0.54mg (27.23%), Iron: 4.2mg (23.34%), Vitamin B2: 0.36mg (21.25%), Vitamin B1: 0.32mg (21.11%), Manganese: 0.37mg (18.46%), Potassium: 551.28mg (15.75%), Folate: 62.33µg (15.58%), Magnesium: 41.8mg (10.45%), Calcium: 95.25mg (9.53%), Vitamin K: 9.85µg (9.38%), Fiber: 2.16g (8.63%), Copper: 0.16mg (8.2%), Vitamin B5: 0.79mg (7.91%), Vitamin C: 6.49mg (7.87%), Vitamin E: 0.77mg (5.11%)