



Game Day Hamburgers

READY IN



30 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounce onion soup mix dry
- 1 cup mushrooms fresh chopped
- 2 pounds ground beef lean
- 1 large potatoes shredded peeled
- 1 cup swiss cheese shredded

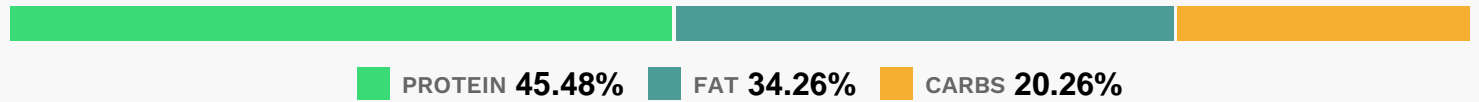
Equipment

- bowl
- grill

Directions

- Preheat grill for high heat.
- In a medium bowl, mix together potato, cheese, and mushrooms.
- In a large bowl, mix ground beef with onion soup mix. Form into 6 large burger patties. Make a pocket in each burger, stuff with potato mixture, and seal.
- When ready to grill, brush grate with oil. Cook burgers over high heat for 5 minutes on each side, or until well done.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:8.05, Inflammation Score:-4, Nutrition Score:22.081304223641%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 356.44kcal (17.82%), Fat: 13.28g (20.43%), Saturated Fat: 6.71g (41.94%), Carbohydrates: 17.67g (5.89%), Net Carbohydrates: 15.54g (5.65%), Sugar: 1.24g (1.37%), Cholesterol: 110.48mg (36.83%), Sodium: 896.5mg (38.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.67g (79.35%), Vitamin B12: 3.94µg (65.61%), Zinc: 8.85mg (59%), Vitamin B3: 9.68mg (48.41%), Selenium: 33.87µg (48.39%), Phosphorus: 471.45mg (47.14%), Vitamin B6: 0.86mg (42.92%), Potassium: 913.85mg (26.11%), Vitamin B2: 0.41mg (23.99%), Iron: 4.3mg (23.89%), Calcium: 195.18mg (19.52%), Vitamin B5: 1.55mg (15.5%), Vitamin C: 12.77mg (15.48%), Magnesium: 60.46mg (15.11%), Copper: 0.28mg (13.78%), Vitamin B1: 0.15mg (10.17%), Manganese: 0.18mg (9.02%), Fiber: 2.14g (8.55%), Folate: 21.74µg (5.43%), Vitamin E: 0.55mg (3.68%), Vitamin A: 152.05IU (3.04%), Vitamin K: 2.01µg (1.91%), Vitamin D: 0.18µg (1.22%)