



Garden Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



793 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings alfalfa sprouts for topping
- ☐ 1 avocado pitted halved sliced
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 1.5 pounds ground beef
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons mayonnaise low-fat
- ☐ 0.3 cup yogurt plain low-fat

- ☐ 2 plum tomatoes sliced
- ☐ 1 leaf lettuce leaves for topping red
- ☐ 4 buns whole-wheat split seeded
- ☐ 4 servings vegetable oil for the grill
- ☐ 1 teaspoon worcestershire sauce

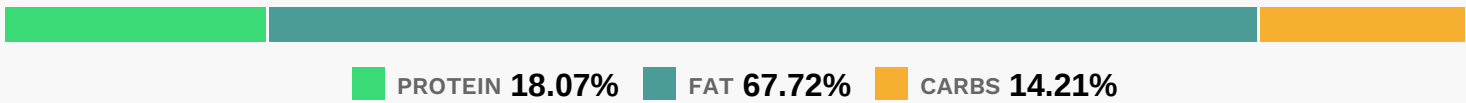
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ grill

Directions

- ☐ Preheat a grill to medium high. Make the dressing: Puree the yogurt, mayonnaise, lemon juice, Worcestershire sauce, chives, basil, and salt and pepper to taste in a blender.
- ☐ Transfer to a small bowl, cover and refrigerate until ready to use.
- ☐ Make the burgers: Form the beef into four 6-ounce patties, about 3/4 inch thick; press the center of each patty with your thumb to make a 1/2-inch-deep indentation. Season the patties on both sides with salt and pepper. Lightly brush the grill grates with vegetable oil, then grill the patties, indentation-side up, until marked on the bottom, about 5 minutes. Flip and cook until marked and slightly firm, about 3 more minutes for medium doneness.
- ☐ Remove the patties to a plate and let rest 5 minutes. Grill the buns, cut side down, until lightly toasted, about 1 minute.
- ☐ Top the bun bottoms with the lettuce, tomatoes, burger patties, alfalfa sprouts and avocado.
- ☐ Drizzle with the dressing, then cover with the bun tops.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:28.97739136219%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 792.89kcal (39.64%), Fat: 60.08g (92.43%), Saturated Fat: 17.34g (108.39%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 22.8g (8.29%), Sugar: 5.94g (6.6%), Cholesterol: 123.11mg (41.04%), Sodium: 610.89mg (26.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.07g (72.14%), Vitamin B12: 3.76µg (62.65%), Selenium: 40.93µg (58.47%), Zinc: 8.18mg (54.54%), Vitamin K: 56.8µg (54.09%), Vitamin B3: 10.33mg (51.64%), Phosphorus: 391.66mg (39.17%), Vitamin B6: 0.76mg (38.11%), Iron: 5.63mg (31.3%), Manganese: 0.61mg (30.31%), Vitamin B2: 0.51mg (30.22%), Folate: 114.37µg (28.59%), Potassium: 925.92mg (26.45%), Vitamin B1: 0.34mg (22.76%), Fiber: 5.56g (22.24%), Vitamin E: 3.26mg (21.75%), Vitamin B5: 1.95mg (19.46%), Magnesium: 72.73mg (18.18%), Copper: 0.33mg (16.59%), Vitamin C: 12.84mg (15.56%), Calcium: 126.71mg (12.67%), Vitamin A: 529.95IU (10.6%), Vitamin D: 0.17µg (1.13%)