



Garden Herb Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 large crusty rolls split french
- 1 tablespoon basil fresh chopped
- 2 tablespoons chives fresh chopped
- 3 tablespoons parsley fresh chopped
- 0.5 teaspoon rosemary fresh chopped
- 1 garlic clove minced
- 1 pound ground beef
- 1 slices toppings: lettuce yellow

- 1 teaspoon oregano fresh chopped
- 0.5 teaspoon pepper
- 4 servings grilled potato wedges
- 1 teaspoon salt

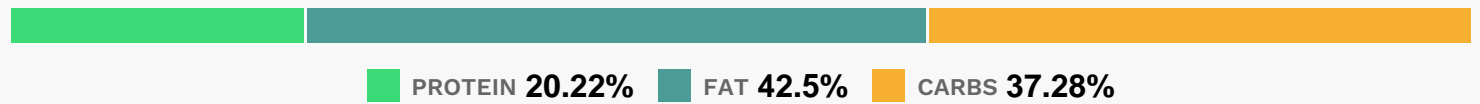
Equipment

- grill

Directions

- Combine first 9 ingredients; shape into 4 patties.
- Grill, covered with grill lid, over medium-high heat (350 to 400 to 6 minutes on each side or until beef is no longer pink.
- Place desired toppings on bottom half of rolls; add patties and roll tops.
- Serve with potato wedges.

Nutrition Facts



Properties

Glycemic Index:74.44, Glycemic Load:19.34, Inflammation Score:-7, Nutrition Score:25.211739363878%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 527.41kcal (26.37%), Fat: 24.74g (38.06%), Saturated Fat: 9.17g (57.33%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 43.71g (15.89%), Sugar: 1.39g (1.54%), Cholesterol: 80.51mg (26.84%), Sodium: 915.28mg (39.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.47g (52.95%), Vitamin K: 63.67µg (60.63%), Vitamin B6: 0.85mg (42.33%), Selenium: 29.62µg (42.31%), Vitamin C: 34.77mg (42.15%), Vitamin B3: 8.33mg (41.66%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.63mg (37.56%), Phosphorus: 306.06mg (30.61%), Potassium:

1022.71mg (29.22%), Manganese: 0.57mg (28.43%), Iron: 4.99mg (27.72%), Vitamin B1: 0.4mg (26.69%), Folate: 88.34µg (22.09%), Vitamin B2: 0.35mg (20.82%), Fiber: 5.12g (20.46%), Magnesium: 66.85mg (16.71%), Copper: 0.31mg (15.37%), Vitamin B5: 1.24mg (12.38%), Calcium: 94.82mg (9.48%), Vitamin A: 357.7IU (7.15%), Vitamin E: 0.73mg (4.89%)