



Garden Herb Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



413 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

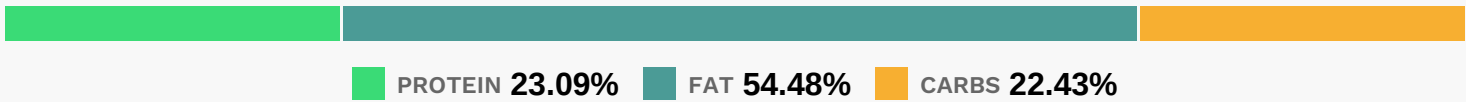
Equipment

- ☐ grill

Directions

- ☐ Combine first 9 ingredients; shape into 4 patties.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F)
- ☐ 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:0.28, Inflammation Score:-7, Nutrition Score:17.876956556154%

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: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 412.68kcal (20.63%), Fat: 24.6g (37.85%), Saturated Fat: 9.13g (57.09%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 20.95g (7.62%), Sugar: 0.23g (0.25%), Cholesterol: 80.51mg (26.84%), Sodium: 906.34mg (39.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.46g (46.93%), Vitamin K: 60.83µg (57.94%), Selenium: 29.17µg (41.67%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.2mg (34.68%), Vitamin B3: 6.76mg (33.81%), Phosphorus: 221.13mg (22.11%), Iron: 3.83mg (21.26%), Vitamin B6: 0.41mg (20.35%), Vitamin B1: 0.28mg (18.74%),

Vitamin B2: 0.31mg (18.01%), Manganese: 0.34mg (17.03%), Folate: 64.5µg (16.13%), Potassium: 395.42mg (11.3%), Magnesium: 32.58mg (8.14%), Vitamin B5: 0.8mg (7.97%), Calcium: 76.94mg (7.69%), Fiber: 1.84g (7.35%), Copper: 0.15mg (7.33%), Vitamin A: 354.72IU (7.09%), Vitamin C: 5.42mg (6.57%), Vitamin E: 0.72mg (4.79%)