



Garlic and Mustard Burgers

READY IN



30 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 3 tablespoons dijon mustard country-style
- ☐ 5 cloves garlic finely chopped
- ☐ 4 sandwich rolls split
- ☐ 4 oz monterrey jack cheese
- ☐ 7 oz roasted peppers red drained
- ☐ 1 serving romaine leaves

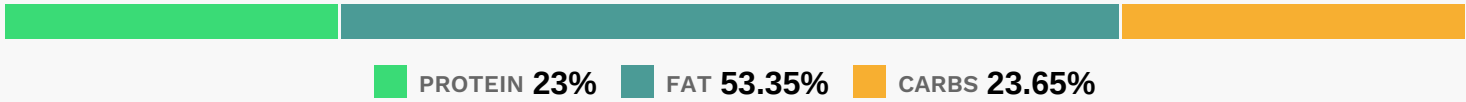
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill. In medium bowl, mix beef, mustard and garlic. Shape mixture into 4 patties, about 3/4 inch thick.
- ☐ Place patties on grill over medium heat. Cover grill; cook 13 to 15 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F.
- ☐ Add buns, cut sides down, to grill for last 4 minutes of grilling or until toasted. Top burgers with cheese.
- ☐ Serve burgers on buns with lettuce and red peppers.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:23.421304438425%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 583.07kcal (29.15%), Fat: 34.27g (52.72%), Saturated Fat: 14.52g (90.72%), Carbohydrates: 34.18g (11.39%), Net Carbohydrates: 31.66g (11.51%), Sugar: 1.41g (1.56%), Cholesterol: 105.74mg (35.25%), Sodium: 1361.41mg (59.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.23g (66.47%), Selenium: 47.95µg (68.5%), Vitamin B12: 2.66µg (44.37%), Zinc: 6.34mg (42.29%), Phosphorus: 391.59mg (39.16%), Vitamin B3: 7.62mg (38.11%), Calcium: 322.42mg (32.24%), Vitamin C: 25.36mg (30.74%), Vitamin B2: 0.5mg (29.55%), Vitamin B6: 0.56mg (27.86%), Iron: 4.97mg (27.6%), Vitamin B1: 0.37mg (24.84%), Manganese: 0.48mg (24.18%), Folate: 78.31µg (19.58%), Vitamin A: 928.55IU (18.57%), Potassium: 506.68mg (14.48%), Magnesium: 54.9mg (13.72%), Copper: 0.26mg (12.76%), Fiber: 2.53g (10.12%), Vitamin B5: 0.94mg (9.37%), Vitamin E: 0.84mg (5.59%), Vitamin K: 3.32µg (3.17%), Vitamin D: 0.28µg (1.89%)