



Garlic and Onion Burgers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cloves garlic minced
- ☐ 2 pounds ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup onion minced
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon penzey's southwest seasoning italian-style
- ☐ 1 tablespoon worcestershire sauce

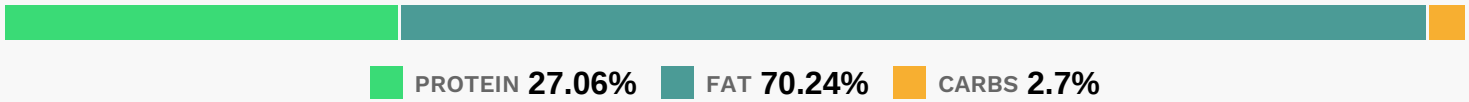
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a large bowl, mix together the beef, Worcestershire sauce, garlic, onion, salt, pepper and Italian seasoning. Refrigerate for 2 to 4 hours.
- ☐ Preheat grill for high heat.
- ☐ Form burgers into 1/2 inch thick patties. Lightly oil grate.
- ☐ Place burgers on grill. Cook for approximately 6 minutes, turning once.

Nutrition Facts



Properties

Glycemic Index:18.8, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:16.23043472741%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 474.11kcal (23.71%), Fat: 36.34g (55.9%), Saturated Fat: 13.94g (87.12%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.62g (0.95%), Sugar: 1.05g (1.17%), Cholesterol: 128.82mg (42.94%), Sodium: 631.94mg (27.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.5g (63%), Vitamin B12: 3.88µg (64.71%), Zinc: 7.65mg (51.02%), Selenium: 27.6µg (39.42%), Vitamin B3: 7.75mg (38.73%), Vitamin B6: 0.63mg (31.62%), Phosphorus: 297.01mg (29.7%), Iron: 3.93mg (21.86%), Vitamin B2: 0.28mg (16.57%), Potassium: 555.45mg (15.87%), Vitamin B5: 0.95mg (9.48%), Magnesium: 34.77mg (8.69%), Copper: 0.13mg (6.73%), Vitamin B1: 0.09mg (6.15%), Vitamin K: 6.21µg (5.91%), Manganese: 0.12mg (5.78%), Vitamin E: 0.83mg (5.51%), Calcium: 50.8mg (5.08%), Folate: 17.05µg (4.26%), Vitamin C: 2.2mg (2.66%), Fiber: 0.53g (2.12%), Vitamin D: 0.18µg (1.21%)