



Garlic-Basil Burgers

 Dairy Free

READY IN



19 min.

SERVINGS



1

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound ground beef lean
- ☐ 2 tablespoons breadcrumbs dry (any flavor)
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon basil dried
- ☐ 2 tablespoons spring onion chopped
- ☐ 1 small garlic clove finely chopped

☐ 2 slices bacon

Equipment

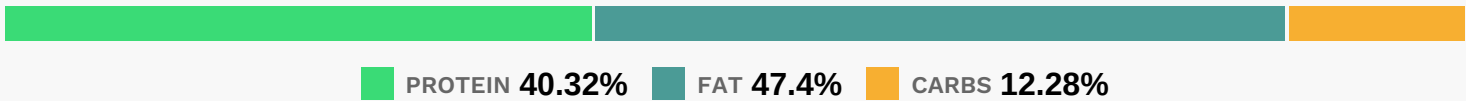
☐ paper towels

☐ microwave

Directions

- ☐ Mix all ingredients except bacon. Shape mixture into 2 patties, about 3/4 inch thick.
- ☐ Place on microwavable rack in rectangular microwavable dish, 11x7x1 1/2 inches. Cover with waxed paper and microwave on High 2 minutes 45 seconds to 4 minutes or until just slightly pink in center.
- ☐ Remove from rack; let stand about 3 minutes or until burgers are no longer pink in center and juice is clear.
- ☐ While burgers are standing, place bacon on rack in same dish. Cover with waxed paper and microwave on High 1 minute 30 seconds to 2 minutes 30 seconds or until almost crisp; drain on paper towel.
- ☐ Cut bacon slices in half; place on patties.

Nutrition Facts



Properties

Glycemic Index:94, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:30.4656522585%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 583.81kcal (29.19%), Fat: 29.93g (46.05%), Saturated Fat: 11.21g (70.07%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 16.01g (5.82%), Sugar: 1.68g (1.87%), Cholesterol: 169.65mg (56.55%), Sodium: 1171.46mg

(50.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.29g (114.58%), Vitamin B12: 5.37µg (89.5%), Zinc: 12.46mg (83.06%), Vitamin B3: 15.66mg (78.3%), Selenium: 53.87µg (76.96%), Phosphorus: 555.93mg (55.59%), Vitamin B6: 1.08mg (54.06%), Iron: 7.03mg (39.06%), Vitamin K: 31.59µg (30.08%), Vitamin B2: 0.5mg (29.32%), Vitamin B1: 0.42mg (28.14%), Potassium: 971.35mg (27.75%), Vitamin B5: 1.85mg (18.5%), Magnesium: 69.45mg (17.36%), Manganese: 0.34mg (16.96%), Copper: 0.27mg (13.64%), Folate: 42.33µg (10.58%), Calcium: 80.65mg (8.06%), Vitamin E: 0.95mg (6.3%), Vitamin C: 5.13mg (6.22%), Fiber: 1.45g (5.79%), Vitamin A: 139.72IU (2.79%), Vitamin D: 0.4µg (2.69%)