

Garlic-Basil Burgers

 Dairy Free

READY IN



19 min.

SERVINGS



1

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

0.3 teaspoon salt

Equipment

paper towels

microwave

Directions

Mix all ingredients except bacon. Shape mixture into 2 patties, about 3/4 inch thick.

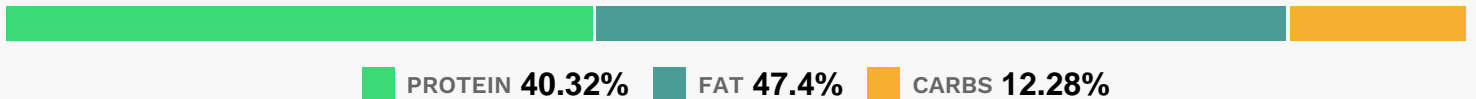
Place on microwavable rack in rectangular microwavable dish, 11x7x1 1/2 inches. Cover with waxed paper and microwave on High 2 minutes 45 seconds to 4 minutes or until just slightly pink in center.

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%)