



Garlic Curry Burgers

 **Gluten Free**

READY IN



25 min.

SERVINGS



8

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon curry powder
- 1 eggs lightly beaten
- 3 tablespoons evaporated milk
- 3 large cloves garlic minced
- 2 pounds ground beef lean
- 1 tablespoon steak seasoning
- 1.5 cups onion sweet chopped
- 1 tablespoon worcestershire sauce

Equipment

bowl

grill

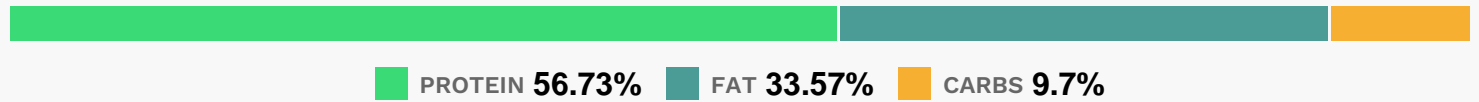
Directions

Preheat an outdoor grill for high heat.

In a bowl, mix the beef, onion, egg, evaporated milk, Worcestershire sauce, garlic, curry powder, and steak seasoning. Form the mixture into 8 patties.

Grill the patties over indirect heat for about 5 minutes on each side, or until done.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:13.305217157239%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 187.7kcal (9.38%), Fat: 6.79g (10.44%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3.81g (1.39%), Sugar: 2.35g (2.61%), Cholesterol: 92.4mg (30.8%), Sodium: 119.36mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.62%), Vitamin B12: 2.6µg (43.3%), Zinc: 5.99mg (39.92%), Vitamin B3: 6.35mg (31.74%), Selenium: 22.03µg (31.48%), Vitamin B6: 0.52mg (26.24%), Phosphorus: 261.41mg (26.14%), Iron: 3.41mg (18.97%), Vitamin B2: 0.24mg (14.03%), Potassium: 489.19mg (13.98%), Vitamin B5: 0.88mg (8.84%), Magnesium: 33.24mg (8.31%), Copper: 0.13mg (6.35%), Manganese: 0.12mg (6.06%), Vitamin K: 5.3µg (5.04%), Vitamin B1: 0.07mg (4.71%), Calcium: 46.84mg (4.68%), Folate: 17.65µg (4.41%), Vitamin E: 0.56mg (3.76%), Vitamin C: 2.32mg (2.81%), Fiber: 0.6g (2.4%), Vitamin D: 0.23µg (1.53%), Vitamin A: 65.78IU (1.32%)