



Garlic-Thyme Burgers with Grilled Tomato

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 inch beefsteak tomatoes
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 pound ground sirloin
- ☐ 0.4 teaspoon kosher salt
- ☐ 4 baby romaine lettuce leaves

☐ 8 ounce kaiser rolls

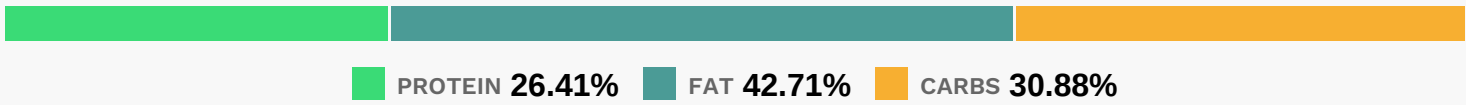
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Combine first 5 ingredients in a medium bowl. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Add patties to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove patties from pan.
- ☐ Add tomato slices to pan; cook 1 minute on each side.
- ☐ Spread about 3/4 teaspoon mustard over bottom half of each roll; top each with 1 lettuce leaf, 1 patty, 1 tomato slice, and top half of roll.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:21.813478397286%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 421.53kcal (21.08%), Fat: 19.7g (30.31%), Saturated Fat: 7.03g (43.92%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 29.68g (10.79%), Sugar: 1.44g (1.6%), Cholesterol: 77.11mg (25.7%), Sodium: 645.29mg (28.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.83%), Selenium: 41.69µg (59.56%), Vitamin

A: 2536IU (50.72%), Vitamin B12: 2.46µg (41.01%), Vitamin B3: 7.84mg (39.18%), Zinc: 5.75mg (38.37%), Vitamin K: 30.9µg (29.43%), Iron: 4.91mg (27.27%), Phosphorus: 267.71mg (26.77%), Folate: 100.05µg (25.01%), Vitamin B1: 0.35mg (23.36%), Vitamin B2: 0.39mg (23.2%), Vitamin B6: 0.46mg (23.08%), Manganese: 0.4mg (20.22%), Potassium: 491.93mg (14.06%), Magnesium: 44.97mg (11.24%), Copper: 0.2mg (10.07%), Fiber: 2.38g (9.51%), Calcium: 93.09mg (9.31%), Vitamin B5: 0.93mg (9.25%), Vitamin C: 4.58mg (5.55%), Vitamin E: 0.72mg (4.78%)