



Grilled Backyard Beer Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb ground beef 80% lean (at least)
- 0.3 cup onion finely chopped
- 0.3 cup beer
- 1 tablespoon worcestershire sauce
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 2 cloves garlic finely chopped
- 6 hamburger buns whole wheat split

- 1 serving catsup
- 1 serving toppings: such as pickles

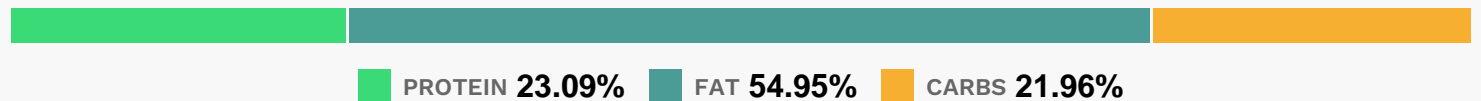
Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill. In medium bowl, mix all ingredients except buns, ketchup and pickles. Shape mixture into 6 patties, about 3/4 inch thick.
- Place patties on grill rack over medium heat. Cover grill; cook 10 to 15 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F.
- Add buns, cut sides down, for last 4 minutes of grilling or until toasted.
- Top burgers with ketchup and pickle planks; serve on buns.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:16.156956488672%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 420.98kcal (21.05%), Fat: 25.44g (39.14%), Saturated Fat: 9.34g (58.38%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 20.89g (7.6%), Sugar: 4.06g (4.51%), Cholesterol: 80.51mg (26.84%), Sodium: 817.54mg (35.55%), Alcohol: 0.38g (100%), Alcohol %: 0.25% (100%), Protein: 24.06g (48.12%), Selenium: 31.59µg (45.13%),

Vitamin B12: 2.43µg (40.55%), Zinc: 5.26mg (35.07%), Vitamin B3: 6.94mg (34.69%), Manganese: 0.51mg (25.67%), Phosphorus: 243.12mg (24.31%), Iron: 4.21mg (23.36%), Vitamin B6: 0.44mg (22.02%), Vitamin B2: 0.33mg (19.23%), Vitamin B1: 0.27mg (18.01%), Folate: 61.11µg (15.28%), Potassium: 437.59mg (12.5%), Magnesium: 42.19mg (10.55%), Copper: 0.18mg (9.22%), Vitamin B5: 0.82mg (8.17%), Fiber: 1.98g (7.93%), Calcium: 76.76mg (7.68%), Vitamin K: 5.54µg (5.28%), Vitamin E: 0.55mg (3.67%), Vitamin C: 1.5mg (1.82%)