



Grilled Backyard Beer Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

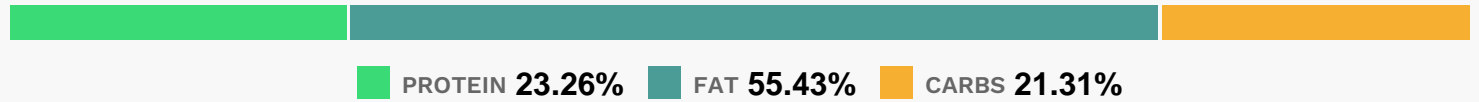
Equipment

- 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:-3, Nutrition Score:15.799565136271%

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: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 417.16kcal (20.86%), Fat: 25.39g (39.07%), Saturated Fat: 9.33g (58.32%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 20.1g (7.31%), Sugar: 3.39g (3.77%), Cholesterol: 80.51mg (26.84%), Sodium: 707.34mg (30.75%), Alcohol: 0.38g (100%), Alcohol %: 0.27% (100%), Protein: 23.98g (47.96%), Selenium: 31.57µg (45.1%), Vitamin B12: 2.43µg (40.55%), Zinc: 5.24mg (34.96%), Vitamin B3: 6.89mg (34.45%), Manganese: 0.51mg (25.29%), Phosphorus: 240.74mg (24.07%), Iron: 4.17mg (23.18%), Vitamin B6: 0.43mg (21.64%), Vitamin B2: 0.32mg (18.62%), Vitamin B1: 0.26mg (17.65%), Folate: 60.02µg (15%), Potassium: 418.43mg (11.96%), Magnesium: 41.11mg (10.28%),

Copper: 0.18mg (8.98%), Vitamin B5: 0.81mg (8.1%), Fiber: 1.87g (7.46%), Calcium: 70.54mg (7.05%), Vitamin K: 3.64µg (3.47%), Vitamin E: 0.5mg (3.34%), Vitamin C: 1.17mg (1.42%)