



Grilled Backyard Beer Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup beer
- 2 cloves garlic finely chopped
- 6 hamburger buns whole wheat split
- 6 servings catsup
- 1.5 lb ground beef 80% lean (at least)
- 0.3 cup onion finely chopped
- 0.3 teaspoon pepper
- 6 servings toppings: such as pickles

- 1 teaspoon salt
- 1 tablespoon worcestershire sauce

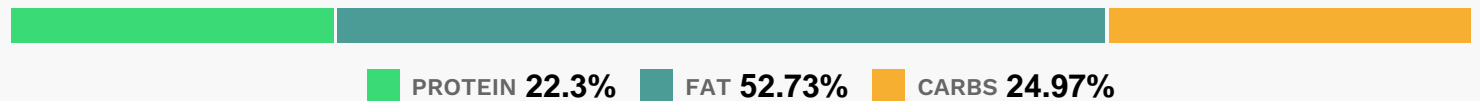
Equipment

- 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 160F.
- 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:-5, Nutrition Score:17.93869557588%

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: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 440.11kcal (22.01%), Fat: 25.69g (39.52%), Saturated Fat: 9.38g (58.66%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 24.81g (9.02%), Sugar: 7.42g (8.24%), Cholesterol: 80.51mg (26.84%), Sodium: 1368.59mg (59.5%), Alcohol: 0.38g (100%), Alcohol %: 0.19% (100%), Protein: 24.45g (48.9%), Selenium: 31.68µg (45.25%),

Vitamin B12: 2.43µg (40.55%), Vitamin B3: 7.18mg (35.88%), Zinc: 5.34mg (35.61%), Manganese: 0.55mg (27.56%), Phosphorus: 255.04mg (25.5%), Iron: 4.37mg (24.3%), Vitamin B6: 0.48mg (23.93%), Vitamin B2: 0.38mg (22.26%), Vitamin B1: 0.3mg (19.8%), Folate: 66.57µg (16.64%), Potassium: 533.38mg (15.24%), Vitamin K: 15.01µg (14.3%), Magnesium: 47.61mg (11.9%), Calcium: 107.89mg (10.79%), Copper: 0.21mg (10.46%), Fiber: 2.56g (10.24%), Vitamin B5: 0.85mg (8.5%), Vitamin E: 0.8mg (5.32%), Vitamin A: 198.82IU (3.98%), Vitamin C: 3.15mg (3.82%)