



Grilled Barbecued Beef and Bean Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb ground beef 90% (at least)
- 15 oz great northern beans rinsed drained canned
- 0.3 cup saltines crushed finely (7 squares)
- 2 tablespoons barbecue sauce
- 0.3 teaspoon pepper
- 1 eggs
- 1 Leaf lettuce
- 5 hamburger buns split

- 5 teaspoons barbecue sauce
- 1 serving tomato basil sauce sliced

Equipment

- bowl
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill. In large bowl, mix beef, beans, cracker crumbs, 2 tablespoons barbecue sauce, the pepper and egg. Shape into 5 patties, about 1/2 inch thick.
- Brush grill rack with vegetable oil.
- Place patties on grill. Cover grill; cook over medium heat 5 minutes. Turn; cook covered 5 to 6 minutes longer or until meat thermometer inserted in center of patties reads 160°F.
- Place lettuce and patties on bottom halves of buns.
- Spread each patty with 1 teaspoon barbecue sauce. Top with tomato and onion. Cover with bun tops.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:18.121739086897%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 343.78kcal (17.19%), Fat: 7.12g (10.95%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 48.21g (16.07%), Net Carbohydrates: 41.28g (15.01%), Sugar: 8.71g (9.67%), Cholesterol: 60.86mg (20.29%), Sodium: 502.65mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.53%), Manganese: 0.87mg (43.5%), Selenium: 28.91µg (41.31%), Folate: 130.65µg (32.66%), Phosphorus: 284.25mg (28.42%), Fiber: 6.93g (27.71%), Iron: 4.78mg (26.55%), Vitamin B3: 5.2mg (26.01%), Vitamin B1: 0.38mg (25.35%), Zinc: 3.5mg (23.31%), Vitamin B2:

0.33mg (19.3%), Magnesium: 76.86mg (19.21%), Potassium: 656.35mg (18.75%), Vitamin B12: 1.1µg (18.37%), Vitamin B6: 0.34mg (16.86%), Copper: 0.29mg (14.49%), Calcium: 110.19mg (11.02%), Vitamin B5: 0.92mg (9.23%), Vitamin A: 233.01IU (4.66%), Vitamin K: 3.21µg (3.06%), Vitamin C: 2.42mg (2.94%), Vitamin E: 0.39mg (2.61%), Vitamin D: 0.22µg (1.48%)