



 **15%**
HEALTH SCORE

Grilled Blue Cheese Burgers

 **Gluten Free**

READY IN



40 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

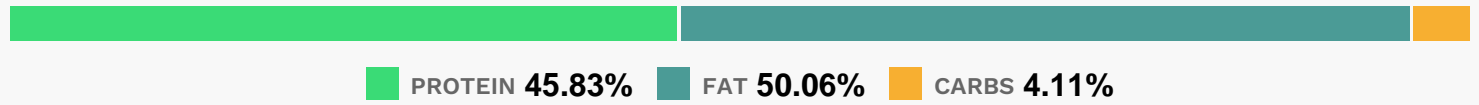
Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons cheese blue crumbled
- 2 tablespoons butter melted
- 6 ounce cream cheese softened
- 0.5 lb mushrooms fresh sliced
- 0.5 lb mushrooms fresh sliced
- 2 teaspoons horseradish
- 3 lbs ground beef lean

- 2 teaspoons mustard prepared
- 2 tablespoons onion minced
- 1 teaspoon salt

Equipment

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.85, Inflammation Score:-4, Nutrition Score:21.258695652174%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 353.87kcal (17.69%), Fat: 19.41g (29.86%), Saturated Fat: 10.28g (64.27%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 2.85g (1.04%), Sugar: 2.16g (2.4%), Cholesterol: 135.77mg (45.26%), Sodium: 534.3mg (23.23%), Protein: 39.99g (79.98%), Vitamin B12: 3.91µg (65.12%), Zinc: 9.13mg (60.89%), Vitamin B3: 11.45mg (57.23%), Selenium: 37.47µg (53.52%), Phosphorus: 418.58mg (41.86%), Vitamin B6: 0.75mg (37.29%), Vitamin B2: 0.56mg (32.98%), Iron: 4.41mg (24.48%), Potassium: 812.55mg (23.22%), Vitamin B5: 2.11mg (21.06%), Copper: 0.32mg (16.02%), Magnesium: 46.32mg (11.58%), Vitamin B1: 0.13mg (8.33%), Vitamin A: 388.01IU (7.76%), Folate: 22.09µg (5.52%), Calcium: 50.51mg (5.05%), Vitamin E: 0.76mg (5.04%), Manganese: 0.07mg (3.64%), Fiber: 0.74g (2.94%), Vitamin C: 1.69mg (2.05%), Vitamin D: 0.29µg (1.95%), Vitamin K: 1.49µg (1.42%)