



Grilled Burgers & 3-Bean Salad

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



838 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup kidney beans canned rinsed drained
- ☐ 0.5 cup beans white canned rinsed drained
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup green beans fresh thawed
- ☐ 0.5 cup bell pepper green chopped
- ☐ 6 ounces ground sirloin lean
- ☐ 11 ounce hawaiian rolls
- ☐ 1 teaspoon olive oil

- ☐ 2 servings the of 1 cos lettuce
- ☐ 2 tablespoons balsamic vinaigrette salad dressing italian low-fat

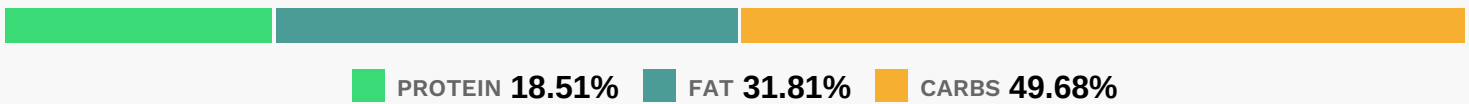
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer
- ☐ grill pan

Directions

- ☐ Divide beef into 2 equal portions, shaping each into a 1/2-inch-thick patty. Rub olive oil on both sides of patties.
- ☐ Heat a nonstick skillet or grill pan over medium heat.
- ☐ Place patties in pan; cook 6 minutes on each side, or until a meat thermometer inserted into middle of burger registers 16
- ☐ Combine green beans, white beans, kidney beans, carrot, bell pepper, and vinaigrette in a bowl; toss gently.
- ☐ Serve burgers and a few lettuce leaves on whole-grain buns with bean salad on the side.

Nutrition Facts



Properties

Glycemic Index:123.92, Glycemic Load:52.83, Inflammation Score:-10, Nutrition Score:46.646956456744%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 837.8kcal (41.89%), Fat: 29.61g (45.56%), Saturated Fat: 8.18g (51.12%), Carbohydrates: 104.07g (34.69%), Net Carbohydrates: 92.72g (33.72%), Sugar: 17.02g (18.91%), Cholesterol: 57.83mg (19.28%), Sodium: 973.75mg

(42.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.77g (77.54%), Vitamin A: 13078.55IU (261.57%), Vitamin K: 134.64µg (128.23%), Selenium: 57.84µg (82.63%), Folate: 326.74µg (81.69%), Manganese: 1.51mg (75.62%), Vitamin B1: 1.1mg (73.22%), Vitamin B3: 11.7mg (58.51%), Iron: 10.36mg (57.55%), Vitamin C: 40.97mg (49.66%), Fiber: 11.36g (45.43%), Phosphorus: 445.14mg (44.51%), Vitamin B2: 0.75mg (44.3%), Zinc: 6.11mg (40.74%), Vitamin B12: 2.16µg (35.96%), Vitamin B6: 0.69mg (34.54%), Potassium: 1196.2mg (34.18%), Calcium: 335.32mg (33.53%), Magnesium: 113.61mg (28.4%), Copper: 0.49mg (24.73%), Vitamin E: 2.7mg (17.97%), Vitamin B5: 0.91mg (9.14%)