



Grilled French Onion Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds ground beef
- 1.5 ounces onion soup mix
- 1 cup gorgonzola dip french
- 0.5 cup breadcrumbs plain
- 0.1 teaspoon pepper
- 1 serving romaine leaves
- 8 slices tomatoes
- 8 portugese rolls split toasted

- 1 serving catsup
- 1 serving toppings: such as pickles

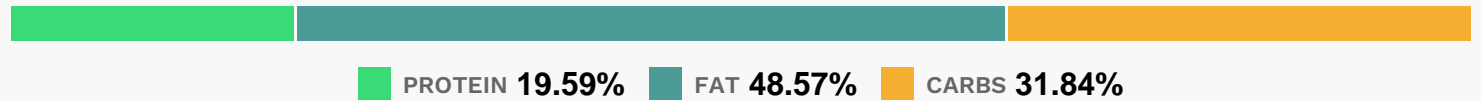
Equipment

- grill
- kitchen thermometer

Directions

- Heat coals or gas grill for direct heat.
- Mix beef, soup mix (dry), onion dip, bread crumbs and pepper. Shape mixture into 8 patties about 3/4 inch thick.
- Grill patties uncovered 4 to 6 inches from medium heat 10 to 15 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F.
- Place lettuce leaves and tomato slices on bottom halves of rolls; top with burgers, ketchup and pickles. Top with remaining roll halves.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:23.24, Inflammation Score:-4, Nutrition Score:15.631304357363%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 570.91kcal (28.55%), Fat: 30.28g (46.58%), Saturated Fat: 11.27g (70.41%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 42.48g (15.45%), Sugar: 8.21g (9.13%), Cholesterol: 80.51mg (26.84%), Sodium: 1097.23mg (47.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.48g (54.96%), Iron: 13.37mg (74.28%), Vitamin B12: 2.45µg (40.84%), Zinc: 4.96mg (33.08%), Vitamin B3: 5.53mg (27.64%), Selenium: 19.01µg (27.16%), Vitamin B6: 0.44mg (21.79%), Phosphorus: 210.71mg (21.07%), Vitamin B2: 0.23mg (13.27%), Potassium: 442.32mg (12.64%), Vitamin B1: 0.15mg (9.73%), Calcium: 94.77mg (9.48%), Vitamin A: 472.49IU (9.45%), Fiber: 2.17g (8.67%),

Manganese: 0.16mg (7.91%), Magnesium: 29.6mg (7.4%), Vitamin B5: 0.68mg (6.81%), Copper: 0.13mg (6.26%),
Vitamin K: 6.17µg (5.87%), Vitamin C: 4.67mg (5.66%), Folate: 21.17µg (5.29%), Vitamin E: 0.67mg (4.46%)