



Grilled Gorgonzola-Basil Burgers

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound extra beef lean
- 0.3 cup basil leaves fresh chopped
- 1 tablespoon garlic minced
- 4 ounce gorgonzola cheese crumbled
- 0.1 teaspoon onion powder
- 4 servings salt and pepper black to taste

Equipment

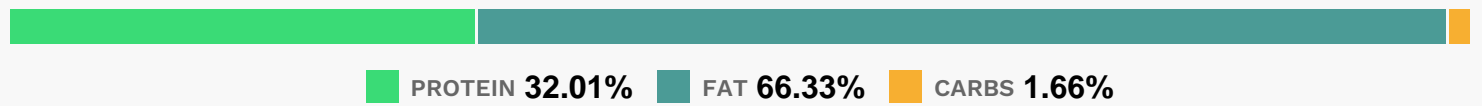
- bowl

grill

Directions

- Preheat an outdoor grill for medium–high heat. Lightly oil grill grate, and place about 4 inches from heat source.
- Mix the ground sirloin, garlic, onion powder, Gorgonzola cheese, and basil together in a large bowl until evenly blended. Divide mixture evenly to form four patties.
- Cook patties on preheated grill until meat is evenly browned and center is no longer pink, about 5 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:13.725652194541%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 347.42kcal (17.37%), Fat: 25.17g (38.72%), Saturated Fat: 11.96g (74.72%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.17g (0.19%), Cholesterol: 98.37mg (32.79%), Sodium: 595.1mg (25.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.33g (54.66%), Vitamin B12: 2.81µg (46.78%), Zinc: 5.87mg (39.15%), Selenium: 22.33µg (31.89%), Phosphorus: 307.72mg (30.77%), Vitamin B3: 5.59mg (27.94%), Vitamin B6: 0.47mg (23.35%), Calcium: 173.33mg (17.33%), Vitamin B2: 0.28mg (16.71%), Iron: 2.54mg (14.13%), Potassium: 420.2mg (12.01%), Vitamin B5: 1.13mg (11.28%), Vitamin K: 8.42µg (8.02%), Magnesium: 28.47mg (7.12%), Vitamin A: 295.61IU (5.91%), Copper: 0.1mg (4.98%), Folate: 18.13µg (4.53%), Vitamin B1: 0.06mg (4.04%), Vitamin E: 0.5mg (3.36%), Manganese: 0.07mg (3.29%), Vitamin D: 0.26µg (1.7%), Vitamin C: 0.91mg (1.1%)