



Grilled Hamburger Steaks with Roasted Onions

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounces ground beef patties lean
- 2 tablespoons steak sauce
- 1 ounce onion soup mix (from 2-ounce package)
- 2 large onion sweet separated thinly sliced cut in half, then and (6 cups)
- 2 tablespoons brown sugar packed
- 1 tablespoon balsamic vinegar

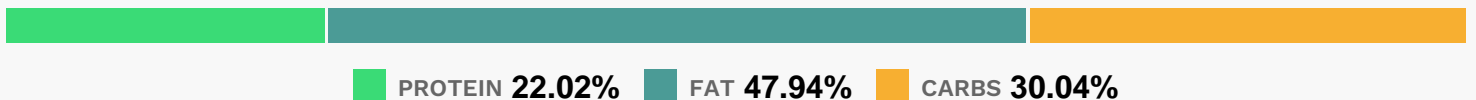
Equipment

- grill
- kitchen thermometer
- aluminum foil

Directions

- Heat coals or gas grill for direct heat. Spray two 18x12-inch sheets of heavy-duty foil with cooking spray.
- Brush beef patties with steak sauce; sprinkle with half of the soup mix (dry).
- Place half of the onions on center of each foil piece.
- Sprinkle with remaining soup mix, the brown sugar and vinegar. Fold foil over onions so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Cover and grill packets and beef patties 4 to 6 inches from medium heat 10 to 15 minutes, turning patties and rotating packets 1/2 turn once or twice, until meat thermometer inserted in center of patties reads 160°F.
- Place packets and patties on plates.
- Cut large X across top of each packet; fold back foil.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:13.134347941564%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 338.5kcal (16.93%), Fat: 17.97g (27.64%), Saturated Fat: 7.19g (44.92%), Carbohydrates: 25.32g (8.44%), Net Carbohydrates: 23.25g (8.46%), Sugar: 15.79g (17.55%), Cholesterol: 60.1mg (20.03%), Sodium: 792.69mg

(34.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.13%), Vitamin B12: 2.32µg (38.74%), Zinc: 5mg (33.31%), Selenium: 18.1µg (25.85%), Vitamin B6: 0.51mg (25.47%), Vitamin B3: 4.76mg (23.8%), Phosphorus: 227.54mg (22.75%), Potassium: 588.95mg (16.83%), Iron: 2.88mg (16.01%), Vitamin B2: 0.24mg (14%), Folate: 45.53µg (11.38%), Copper: 0.22mg (10.93%), Manganese: 0.21mg (10.72%), Vitamin C: 8.69mg (10.54%), Magnesium: 41.85mg (10.46%), Vitamin B1: 0.14mg (9.26%), Fiber: 2.07g (8.28%), Calcium: 58.66mg (5.87%), Vitamin B5: 0.58mg (5.81%)