



## Grilled Italian Burgers

READY IN



17 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup bread crumbs italian
- 2 tablespoons capers drained
- 2 eggs
- 0.5 cup feta cheese crumbled
- 2 tablespoons garlic powder
- 1 pound ground beef
- 2 tablespoons kalamata olives pitted chopped
- 1 tablespoon oregano dried

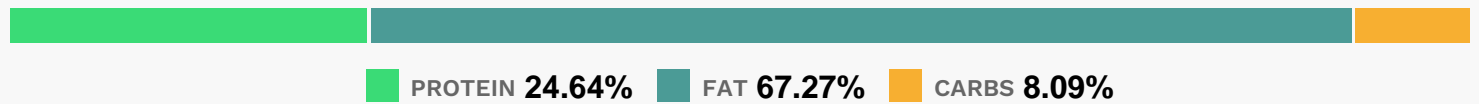
# Equipment

- bowl
- grill

# Directions

- Preheat an outdoor grill for medium-high heat and lightly oil grate.
- Combine the beef, capers, eggs, olives, garlic powder, oregano, feta cheese, and bread crumbs in a bowl. Divide and form the mixture into 4 patties.
- Cook burgers on preheated grill about 6 minutes, turning once, to an internal temperature of 160 degrees F (70 degrees C), or to desired doneness.

# Nutrition Facts



# Properties

Glycemic Index:9.25, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:16.107391328915%

# Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

# Nutrients (% of daily need)

Calories: 431.51kcal (21.58%), Fat: 32g (49.24%), Saturated Fat: 13.35g (83.42%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 7.26g (2.64%), Sugar: 2.43g (2.7%), Cholesterol: 179.04mg (59.68%), Sodium: 522.81mg (22.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.38g (52.76%), Vitamin B12: 2.94µg (48.99%), Selenium: 27.67µg (39.53%), Zinc: 5.75mg (38.3%), Phosphorus: 307.48mg (30.75%), Vitamin B6: 0.56mg (28.23%), Vitamin B3: 5.44mg (27.18%), Vitamin B2: 0.45mg (26.53%), Iron: 3.63mg (20.15%), Calcium: 151.97mg (15.2%), Potassium: 430.1mg (12.29%), Vitamin B5: 1.13mg (11.31%), Vitamin K: 11.27µg (10.74%), Magnesium: 34.89mg (8.72%), Folate: 34.57µg (8.64%), Vitamin B1: 0.12mg (7.83%), Vitamin E: 1.17mg (7.82%), Copper: 0.14mg (7%), Manganese: 0.13mg (6.37%), Fiber: 1.4g (5.59%), Vitamin A: 240.43IU (4.81%), Vitamin D: 0.63µg (4.19%)