



Grilled Mustard-Dill Burgers

READY IN



45 min.

SERVINGS



2

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 boston lettuce leaves
- 3 tablespoons dijon mustard
- 1.5 tablespoons optional: dill fresh chopped
- 2 hawaiian rolls split
- 10 ounces ground beef lean
- 3 tablespoons cream sour
- 2 slices tomato

Equipment

bowl

grill

Directions

Prepare barbecue (medium-high heat).

Mix first 3 ingredients in medium bowl.

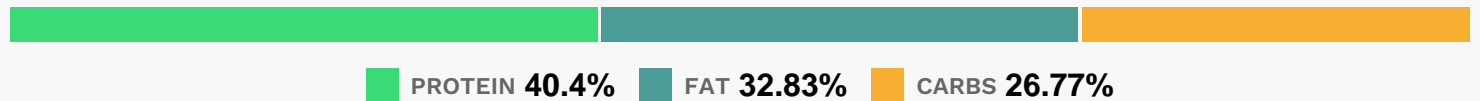
Transfer 3 tablespoons sauce to small bowl and reserve.

Add meat to remaining sauce in medium bowl and mix gently. Divide meat mixture into 2 equal portions. Flatten each to 1/2-inch-thick patty; sprinkle with salt and pepper.

Grill cut side of buns until toasted, about 1 minute. Grill patties to desired doneness, about 4 minutes per side for medium.

Spread bottom half of buns with reserved sauce. Top each with burger, tomato slice, lettuce and bun top.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:12.96, Inflammation Score:-6, Nutrition Score:22.112173886403%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 365.79kcal (18.29%), Fat: 13.06g (20.09%), Saturated Fat: 5.43g (33.94%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 22.04g (8.01%), Sugar: 4.23g (4.7%), Cholesterol: 98.5mg (32.83%), Sodium: 560.04mg (24.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.17g (72.33%), Selenium: 44.77µg (63.95%), Vitamin B12: 3.3µg (54.98%), Zinc: 7.77mg (51.78%), Vitamin B3: 9.79mg (48.96%), Phosphorus: 367.46mg (36.75%), Vitamin B6: 0.62mg (30.97%), Iron: 5.43mg (30.15%), Vitamin B2: 0.41mg (24.2%), Vitamin B1: 0.35mg (23.12%), Manganese: 0.38mg (18.98%), Potassium: 639.44mg (18.27%), Vitamin K: 18.52µg (17.64%), Folate: 61.71µg (15.43%), Magnesium: 55.9mg (13.97%), Vitamin A: 656.83IU (13.14%), Calcium: 113.01mg (11.3%), Vitamin B5: 1.06mg (10.63%), Copper: 0.18mg (8.97%), Fiber: 1.92g (7.7%), Vitamin E: 0.69mg (4.62%), Vitamin C: 1.76mg (2.13%)